

Mexican-Spiced Chicken Fillet Burger with Sour Cream, Sweet Potato Fries & Tomato Salsa

TAKEAWAY FAVES

CLIMATE SUPERSTAR







Sweet Potato

Grab your Meal Kit with this symbol





Mexican Fiesta Spice Blend



Bake-At-Home

Burger Buns





Mayonnaise





Mixed Salad



Leaves



Pantry items

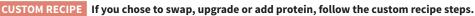


Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me Early

There's nothing quite like a good burger to cheer you up – that's just simple science. Pop the perfectly Mexican-spiced chicken breast in a brioche-style burger bun along with tomato salsa, mayo and greens, then serve with sweet potato fries for an unbeatable dinner combo.

Olive Oil



Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Mexican Fiesta spice blend	1 medium sachet	1 large sachet		
bake-at-home burger buns	2	4		
mayonnaise	1 packet (40g)	1 packet (80g)		
tomato salsa	1 medium packet	1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
light sour cream	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3270kJ (782Cal)	563kJ (135Cal)
Protein (g)	51.7g	8.9g
Fat, total (g)	25.4g	4.4g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	82.2g	14.1g
- sugars (g)	19.6g	3.4g
Sodium (mg)	1337mg	230mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3984kJ (952Cal)	534kJ (128Cal)
Protein (g)	88.3g	11.8g
Fat, total (g)	27.9g	3.7g
- saturated (g)	9.3g	1.2g
Carbohydrate (g)	82.4g	11g
- sugars (g)	19.6g	2.6g
Sodium (mg)	1407mg	189mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to 220°C/200°C fan-forced. Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Heat the buns

 Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



Cook the chicken

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine Mexican fiesta spice blend and a drizzle of olive oil. Season with salt and pepper, then add chicken, turning to coat.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook
 chicken until lightly browned and cooked through, 3-6 minutes each side
 (depending on thickness). Transfer to a plate to rest.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above. Cook chicken in batches for the best results.



Serve up

- Spread each bun base with mayonnaise and some tomato salsa. Top with Mexican chicken steaks and mixed salad leaves.
- Serve with fries, **light sour cream** and remaining tomato salsa. Enjoy!



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