



Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn

TASTE TOURS



Grab your Meal Kit with this symbol



Sweet Potato



Corn



Mixed Sesame Seeds



Cucumber



Sesame Oil Blend



Chicken Breast



Panko Breadcrumbs



Bake-At-Home Burger Buns



Cheddar Cheese



Slaw Mix



Garlic Aioli



Sichuan Garlic Paste

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Korean cuisine isn't shy about using big, bold, and outrageous flavours. These chicken breasts are no exception. They take a cue from the Asian nation's famed version of fried chicken and are teamed with crisp sesame cucumber salad, sweet potato fries and corn for an absolutely vibrant feast.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Sugar, Plain Flour, Egg

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	2 cobs	4 cobs
mixed sesame seeds	1 medium packet	2 medium packets
cucumber	1	2
sesame oil blend	1 packet	2 packets
vinegar* (white wine or rice wine)	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
sugar*	pinch	pinch
chicken breast	1 small packet	2 small packets OR 1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
garlic aioli	1 large packet	2 large packets
Sichuan garlic paste	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6317kJ (1510Cal)	576kJ (138Cal)
Protein (g)	73.4g	6.7g
Fat, total (g)	64.2g	5.9g
- saturated (g)	14.2g	1.3g
Carbohydrate (g)	153.6g	14g
- sugars (g)	48.5g	4.4g
Sodium (mg)	1789mg	163mg

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 & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until fries are tender and corn is golden, **20-25 minutes**.

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



Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **crumbed chicken**, in batches, until just golden, **1-2 minutes** each side (it will finish cooking in step 5!).
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches if needed so the chicken doesn't stick to the pan!



Make the sesame cucumber

- Meanwhile, thinly slice **cucumber**.
- In a medium bowl, combine **cucumber**, **sesame oil blend**, the **vinegar**, **soy sauce** and a generous pinch of **salt** and **sugar**. Set aside.



Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, the **egg** and a generous pinch of **salt**. Whisk to combine.
- In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken breast** into the **egg mixture** to coat, then into the **breadcrumbs**. Set aside on a plate.



Bake the chicken & burger buns

- Halve **bake-at-home burger buns**. Place **burger buns** and **pan-fried chicken** on a second lined oven tray.
- Top chicken with **Cheddar cheese**.
- Bake until chicken is cooked through, the cheese is melted and buns are heated through, **3-5 minutes**.
- Meanwhile, in a large bowl, combine **slaw mix** and half the **garlic aioli**. Season to taste.

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



Serve up

- Top each bun with some slaw, sesame cucumber and chicken. Drizzle with **Sichuan garlic paste**.
- Divide Korean fried chicken burgers and sweet potato fries between plates.
- Serve with corn, remaining sesame cucumber and garlic aioli. Enjoy!

TIP: If you can't fit all the chicken in the buns, slice any remaining chicken and serve on the side!

We're here to help!

Scan here if you have any questions or concerns



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