



Easy Sticky Sesame & Sweet Chilli Chicken Burger

with Creamy Slaw & Buttery Corn Cob

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



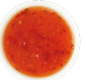
Corn



Chicken Breast



Asian BBQ Seasoning



Sweet Chilli Sauce



Mixed Sesame Seeds



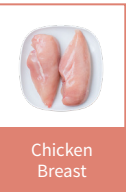
Bake-At-Home Burger Buns



Slaw Mix



Mayonnaise



Chicken Breast

Recipe Update
We've replaced the deluxe slaw in this recipe with slaw mix due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 15-25 mins

Eat Me Early

Sticky sesame and sweet chilli are combined to create an explosion of flavours on chicken breast. Piled high on top of a creamy slaw and served with a buttery corn on the cob, we're ticking off flavour in all the departments.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
butter*	20g	40g
chicken breast	1 small packet	2 small packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
sweet chilli sauce	1 small packet	1 medium packet
mixed sesame seeds	1 medium packet	1 large packet
bake-at-home burger buns	2	4
slaw mix	1 small bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
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)	3618kJ (865Cal)	666kJ (159Cal)
Protein (g)	51.3g	9.4g
Fat, total (g)	35.2g	6.5g
- saturated (g)	11.6g	2.1g
Carbohydrate (g)	80.8g	14.9g
- sugars (g)	24g	4.4g
Sodium (mg)	1470mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4294kJ (1026Cal)	607kJ (145Cal)
Protein (g)	90.5g	12.8g
Fat, total (g)	35.4g	5g
- saturated (g)	11.8g	1.7g
Carbohydrate (g)	81.1g	11.5g
- sugars (g)	24g	3.4g
Sodium (mg)	1527mg	216mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the corn

- Cut **corn cob** in half.
- Transfer **corn** to a large microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high, until tender, **4-5 minutes**.
- Drain any excess **liquid**, then season with **salt** and **pepper**. Top with the **butter** and cover to keep warm.

3



Heat the buns & assemble the slaw

- While the chicken is cooking, halve **bake-at-home burger buns** and toast or grill to your liking.
- In a second medium bowl, combine **slaw mix**, **mayonnaise** and a drizzle of **olive oil** and **white wine vinegar**. Season.

2



Cook the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **Asian BBQ seasoning**, the **plain flour** and a pinch of **salt** and **pepper**.
- Heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**. When oil is hot, shake off any excess **flour** and cook **chicken** until cooked through (when no longer pink inside) **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat then add **sweet chilli sauce** and **mixed sesame seeds**, gently turning **chicken** to coat.

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

4



Serve up

- Build burgers by topping buns with some creamy slaw and sticky sesame and sweet chilli chicken.
- Serve with corn cob and any remaining slaw. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate