



Cheesy Aussie Chicken Burger

with Fries & Mayo

Grab your Meal Kit with this symbol



Potato



Chicken Tenderloins



Aussie Spice Blend



Tomato



Bake-At-Home Burger Buns



Cheddar Cheese



Mayonnaise



Mixed Salad Leaves

Prep in: 10 mins
Ready in: 25 mins

Eat Me Early

There's nothing quite like a perfectly spiced chicken burger to cheer up the gang – that's just simple science! Pop it in a brioche-style bun with cheese, tomato and a slathering of mayo, then add a side of crispy fries for an unbeatable quick dinner.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
potato	2
chicken tenderloins	1 medium packet
Aussie spice blend	1 medium sachet
tomato	1
bake-at-home burger buns	2
Cheddar cheese	1 medium packet
mayonnaise	1 medium packet
mixed salad leaves	1 small packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3613kJ (864Cal)	628kJ (150Cal)
Protein (g)	55.8g	9.7g
Fat, total (g)	37.7g	6.6g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	70.8g	12.3g
- sugars (g)	9.1g	1.6g
Sodium (mg)	1007mg	175mg

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **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.

3



Bake the buns

- When the fries have **5 minutes** remaining, thinly slice **tomato** into rounds. Slice **bake-at-home burger buns** in half.
- Place **burger buns** on the oven tray with the **fries**. Sprinkle bases with **Cheddar cheese**. Bake until heated through and cheese is melted, **3-5 minutes**.

2



Cook the chicken

- Meanwhile, combine **chicken tenderloins**, **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.
- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.

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

4



Serve up

- Spread buns with some **mayonnaise**. Top with tomato, chicken and **mixed salad leaves**.
- Serve with fries and any remaining mayonnaise. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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