



Buffalo Chicken Burger & Onion Rings

with Slaw, Sweet Potato Fries & Ranch Dressing

FEEL-GOOD TAKEAWAY

NEW



Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Chicken Breast



All-American Spice Blend



Chicken Salt



Cornflour



BBQ Sauce



Slaw Mix



Bake-At-Home Burger Buns



Ranch Dressing



Chicken Breast

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me Early

Dive into our drool-worthy burger packed with tender chicken smothered in BBQ richness and paired with our crunchy slaw. We've even included how to make your own battered onion rings at home - a perfect side to this classic meal!

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

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
plain flour*	2 tbs	¼ cup
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
chicken salt	1 medium packet	2 medium packets
cornflour	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	2 medium packets
slaw mix	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
bake-at-home burger buns	2	4
ranch dressing	1 medium packet	2 medium packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3384kJ (809Cal)	495kJ (118Cal)
Protein (g)	52g	7.6g
Fat, total (g)	17.7g	2.6g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	105g	15.4g
- sugars (g)	34.7g	5.1g
Sodium (mg)	1822mg	267mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4097kJ (979Cal)	483kJ (115Cal)
Protein (g)	88.6g	10.4g
Fat, total (g)	20.1g	2.4g
- saturated (g)	5.5g	0.6g
Carbohydrate (g)	105.2g	12.4g
- sugars (g)	34.7g	4.1g
Sodium (mg)	1893mg	223mg

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



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

4



Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to cover the base. Add **cornflour** to bowl with chicken, turning to coat.
- When oil is hot, shake off any excess **flour** and cook **chicken** until browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer **chicken** to a clean bowl, add **BBQ sauce** and turn to coat.

TIP: The chicken is cooked when it is no longer pink inside.

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Meanwhile, thinly slice **brown onion** into rounds, then separate into rings.
- In a medium bowl, combine the **plain flour** and a generous pinch of **pepper**. Add **onion**, tossing to coat.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken**, turning to coat.

Custom Recipe: If you've doubled your chicken breast, prepare and season chicken as above.

5



Heat the buns

- While chicken is cooking, in a large bowl, combine **slaw mix** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



Cook the onion rings

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, shake off excess **flour** and cook **onion**, turning occasionally, **5-7 minutes**.
- Transfer to a paper towel-lined plate. Season with half the **chicken salt**.

6



Serve up

- To tray with fries, sprinkle remaining chicken salt, tossing to coat.
- Spread **ranch dressing** over burger bun bases. Top with slaw and buffalo chicken.
- Serve with fries and onion rings. Enjoy!

Rate your recipe

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