

DIY Southern Fried Chicken Burger

with Pickled Carrot, Sweet Potato Wedges & Mustard Mayo Slaw

SKILL UP

Grab your Meal Kit with this symbol



Chicken Thigh



Sweet Potato



Carrot



All-American Spice Blend



Cornflour



Bake-At-Home Burger Buns



Slaw Mix



Mustard Mayo



Chicken Salt



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

 Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Make your own buttermilk by mixing milk and vinegar, marinate the chicken and coat it in All-American spiced cornflour. You'll have brought the South to you. Cheat's way is the best way!

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

Pantry items

Olive Oil, Milk, White Wine Vinegar, Plain Flour

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
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
milk*	½ cup	1 cup
white wine vinegar*	½ tbs	1 tbs
sweet potato	2	4
carrot	1	2
white wine vinegar* (for the pickle)	¼ cup	½ cup
All-American spice blend	1 medium sachet	1 large sachet
cornflour	1 medium sachet	1 large sachet
plain flour*	1 tbs	2 tbs
bake-at-home burger buns	2	4
slaw mix	1 small packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
chicken salt	1 medium sachet	2 medium sachets
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)	4058kJ (970Cal)	558kJ (133Cal)
Protein (g)	48.8g	6.7g
Fat, total (g)	39g	5.4g
- saturated (g)	8.3g	1.1g
Carbohydrate (g)	101.5g	13.9g
- sugars (g)	28.9g	4g
Sodium (mg)	1723mg	237mg
Dietary Fibre (g)	15.3g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3948kJ (944Cal)	543kJ (130Cal)
Protein (g)	55.1g	7.6g
Fat, total (g)	33.1g	4.5g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	101.5g	13.9g
- sugars (g)	28.7g	3.9g
Sodium (mg)	1691mg	232mg
Dietary Fibre (g)	15.4g	2.1g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Marinate the chicken

- Place **chicken thigh** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- In a large bowl, combine the **milk**, **white wine vinegar** and a pinch of **salt** and **pepper**. Add **chicken**, turning to coat. Refrigerate for **30 minutes to 1 hour**.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken as above.

4



Fry the chicken

- Once chicken has marinated, in a second medium bowl, combine **All-American spice blend**, **cornflour**, the **plain flour** and a pinch of **salt** and **pepper**.
- Remove **chicken** from marinade. Add chicken to **spiced flour mixture**, tossing to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. Shake off excess flour and shallow fry **crumbed chicken** (watch out, it might splatter!) in batches until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate.

Custom Recipe: Heat pan as above. Cook chicken steaks as above until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

2



Bake the sweet potato wedges

- Meanwhile, preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- When chicken has **25 minutes** left marinating, place **wedges** 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 wedges between two trays.

5



Assemble the slaw

- While chicken is cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a third medium bowl, combine **slaw mix** and **mustard mayo**. Season to taste.

3



Pickle the carrot

- While wedges are baking, using a vegetable peeler, peel **carrot** into ribbons.
- In a medium bowl, combine the **white wine vinegar (for the pickle)** and a good pinch of **sugar** and **salt**.
- Add **carrot** to pickling liquid. Add enough **water** to just cover carrot. Set aside.

6



Serve up

- Sprinkle **chicken salt** over the tray with the wedges, and toss to coat.
- Drain pickled carrot.
- Top burger buns with mustard mayo slaw, DIY southern fried chicken and some pickled carrot ribbons.
- Serve with wedges and remaining carrot. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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