



Sticky Sesame & Sweet Chilli Chicken Burger

with Creamy Slaw & Buttery Corn Cob

COSY COMFORTS

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



Beef Rump



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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

Eat Me Early

Sticky sesame and sweet chilli combine to create an explosion of flavours on chicken breast. Teamed with creamy slaw and buttery corn we're ticking all the boxes!

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 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
sweet chilli sauce	1 small packet	1 medium packet
mixed sesame seeds	1 medium sachet	1 large sachet
bake-at-home burger buns	2	4
slaw mix	1 small packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3579kJ (855Cal)	659kJ (158Cal)
Protein (g)	53.7g	9.9g
Fat, total (g)	32.9g	6.1g
- saturated (g)	11g	2g
Carbohydrate (g)	81.4g	15g
- sugars (g)	24.3g	4.5g
Sodium (mg)	1459mg	269mg
Dietary Fibre (g)	14.2g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3538kJ (846Cal)	670kJ (160Cal)
Protein (g)	47.7g	9g
Fat, total (g)	34.6g	6.6g
- saturated (g)	11.7g	2.2g
Carbohydrate (g)	81.2g	15.4g
- sugars (g)	24.3g	4.6g
Sodium (mg)	1465mg	278mg
Dietary Fibre (g)	14.1g	2.7g

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



Cook the corn & prep the chicken

- 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.
- 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**.

Custom Recipe: If you've upgraded to beef rump, season beef with Asian BBQ seasoning, the plain flour and a pinch of salt and pepper, as above.



Heat the buns & make 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.



Cook the chicken

- 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**, turning, until browned and cooked through (when no longer pink inside), **3-6 minutes**.
- Remove pan from heat then add **sweet chilli sauce** and **mixed sesame seeds**, gently turning chicken to coat.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Glaze as above and rest.



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!

Custom Recipe: Top burgers with sweet chilli beef.

Rate your recipe

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