

COSY COMFORTS

**KID FRIENDLY** 

# Sticky Sesame & Sweet Chilli Chicken Burger with Creamy Slaw & Buttery Corn Cob

Grab your Meal Kit with this symbol





Corn



Chicken Breast



Sweet Chilli Sauce



Y

Bake-At-Home

Mixed Sesame Seeds





Slaw Mix

Mayonnaise





**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.

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!

Pantry items

Olive Oil, Butter, Plain Flour, White Wine Vinegar

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

Eat Me Early

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### 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	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 2024 | CW21



### 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

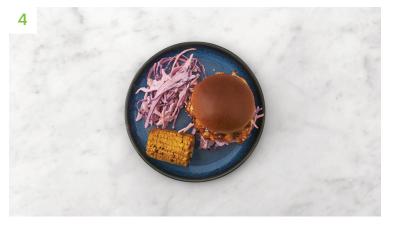
- While the chicken is cooking, halve **bake-at-home burger buns** and toast or grill to your liking.
- In a second medium bowl, combine slaw mix, mayonnaise and a drizzle of olive oil and white wine vinegar. Season.



## 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 Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate