



Portuguese Chicken Burger

with Fries, Sweet Chilli & Mayo

NEW

KID FRIENDLY

Grab your meal kit with this number

12



Potato Fries



Tomato



Peri-Peri Seasoning



Chicken Thigh



Bake-At-Home Burger Buns



Mayonnaise



Sweet Chilli Sauce



Mixed Salad Leaves



Chicken Thigh



Beef Rump

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

These burgers are jam-packed with delicious flavours, from the juicy Portuguese-style chicken to the creamy mayo and sweet chilli sauce. You'll never settle for a takeaway burger again!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
potato fries	1 medium packet	1 large packet
tomato	1	2
peri-peri seasoning	1 sachet	2 sachets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3059kJ (731Cal)	545kJ (130Cal)
Protein (g)	51.2g	9.1g
Fat, total (g)	18.7g	3.3g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	83.1g	14.8g
- sugars (g)	14g	2.5g
Sodium (mg)	1183mg	211mg
Dietary Fibre (g)	8.8g	1.6g

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

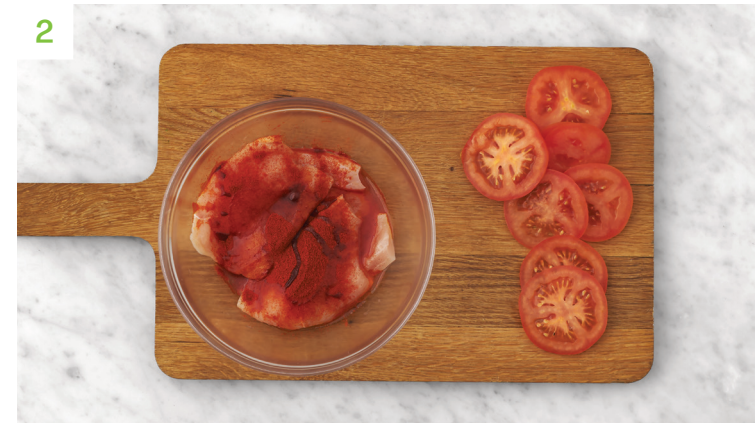


Bake the potato fries

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

2



Get prepped

- While the fries are baking, thinly slice **tomato** into rounds.
- In a medium bowl, combine **peri-peri seasoning** and a drizzle of **olive oil**. Add **chicken thigh**, turn to coat.

3



Cook the chicken & toast the buns

- When the fries have **15 minutes** remaining, in a large frying pan heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes** (cook in batches if your pan is getting crowded).
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

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

4



Serve up

- Spread burger bun bases with **mayonnaise** and **sweet chilli sauce**, then top with Portuguese chicken, tomato and **mixed salad leaves**.
- Serve with potato fries. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

