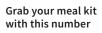


TAKEAWAY FAVES











Sweet Potato





Tomato

Chicken Breast



Seasoning

Bake-At-Home Burger Buns





Smokey Aioli

Leaves









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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
bake-at-home burger buns	2	4
smokey aioli	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3379kJ (808cal)	353kJ (84cal)
Protein (g)	55.2g	5.8g
Fat, total (g)	27g	2.8g
- saturated (g)	8.8g	0.9g
Carbohydrate (g)	82.1g	8.6g
- sugars (g)	20.3g	2.1g
Sodium (mg)	1276mg	133.2mg
Dietary Fibre (g)	15g	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.



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**, season with **salt** and toss to coat. Bake until just tender, **20 minutes**.
- Remove from oven. Sprinkle with Cheddar cheese and bake until golden, 5 minutes.

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



Get prepped

- Meanwhile, thinly slice tomato into rounds.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Flavour the chicken

 In a medium bowl, combine peri-peri seasoning, a drizzle of olive oil and a generous pinch of salt. Add chicken breast, turn to coat.



Cook the chicken

- When the fries have 10 minutes remaining, heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Cook chicken steaks, until browned and cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

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



Bake the burger buns

 Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



Serve up

- Spread burger buns with smokey aioli.
- Top with peri-peri chicken, **mixed salad leaves** and tomato slices.
- · Serve with cheesy sweet potato fries. Enjoy!



CUSTOM OPTIONS

ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



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

