

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

KID FRIENDLY



Grab your meal kit with this number







Chicken Tenderloins



Sauce

Asian BBQ Seasoning

Sweet Chill



Mixed Sesame



Bake-At-Home Burger Buns

Seeds

Slaw Mix



Mayonnaise





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



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

Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
softened butter*	20g	40g
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3575kJ (854cal)	326kJ (78cal)
Protein (g)	53.6g	4.9g
Fat, total (g)	32.8g	3g
- saturated (g)	11g	1g
Carbohydrate (g)	81.4g	7.4g
- sugars (g)	24.3g	2.2g
Sodium (mg)	1461mg	133.4mg
Dietary Fibre (g)	14.3g	1.3g

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.



Cook the corn

- 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 softened butter and cover to keep warm.
- Meanwhile, in a medium bowl, combine chicken tenderloins, Asian BBQ seasoning, the plain flour and a pinch of salt and pepper.



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,
 3-6 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat then add **sweet chilli sauce** and **mixed sesame seeds**, gently turning **chicken** to coat.

TIP: Chicken is cooked through when it is no longer pink inside!



Heat the buns & assemble 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 to taste with salt and pepper.

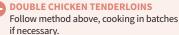


Serve up

- Build burgers by topping buns with some creamy slaw and sesame and sweet chilli chicken.
- Serve with corn cobs and any remaining slaw. Enjoy!









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.

