



# Quick Sesame & Sweet Chilli Chicken Burger

with Creamy Slaw & Buttery Corn Cob

KID FRIENDLY

Grab your meal kit with this number

19



Corn



Chicken Tenderloins



Asian BBQ Seasoning



Sweet Chilli Sauce



Mixed Sesame Seeds



Bake-At-Home Burger Buns



Slaw Mix



Mayonnaise



Chicken Tenderloins



Beef Rump

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!

### Pantry items

Olive Oil, Softened Butter, Plain Flour, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
corn	1 cob	2 cobs
<b>softened butter*</b>	20g	40g
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
Asian BBQ seasoning	1 sachet	2 sachets
<b>plain flour*</b>	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
<b>white wine vinegar*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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**.

3



## 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**.

2



## 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!

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE CHICKEN TENDERLOINS

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.

