

Korean Fried Chicken & Quick Pickle Burger


with Sesame Sweet Potato Fries & Corn Cob



STREET FOOD



Grab your meal kit with this number



23







- 
Sweet Potato



Corn
- 
Mixed Sesame Seeds


Cucumber
- 
Sesame Oil Blend


Chicken Breast
- 
Panko Breadcrumbs


Bake-At-Home Burger Buns
- 
Cheddar Cheese


Slaw Mix
- 
Smokey Aioli


Garlic Stir-Fry Sauce

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me Early

Bring a burger brimming with colour and crunch to the table tonight courtesy of our show-stopping, succulent chicken burger. Team with crisp fries, buttery sweet corn and sesame cucumber for an unforgettable dinner delight!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Plain Flour, Egg

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	1 cob	2 cobs
mixed sesame seeds	1 medium sachet	1 large sachet
cucumber	1	2
sesame oil blend	1 packets	2 packets
vinegar* (white wine or rice wine)	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
chicken breast	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 small packet	1 large packet
smokey aioli	2 packets	4 packets
garlic stir-fry sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5881kJ (1405cal)	369kJ (88cal)
Protein (g)	70.5g	4.4g
Fat, total (g)	62.6g	3.9g
- saturated (g)	13.1g	0.8g
Carbohydrate (g)	134.3g	8.4g
- sugars (g)	39.6g	2.5g
Sodium (mg)	1693mg	106.3mg
Dietary Fibre (g)	27.3g	1.7g

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.



Bake the fries & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries. Halve **corn** cob.
- Place **fries** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until fries are tender and corn is golden, **20-25 minutes**.

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



Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **crumbed chicken**, in batches, until just golden, **1-2 minutes** each side (it will finish cooking in step 5!). Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches if needed so the chicken doesn't stick to the pan!



Make the sesame cucumber

- Meanwhile, thinly slice **cucumber**.
- In a medium bowl, combine **cucumber**, **sesame oil blend**, the **vinegar**, **soy sauce** and a generous pinch of **salt** and **sugar**. Set aside.



Bake the chicken & burger buns

- Halve **bake-at-home burger buns**.
- Place **burger buns** and **pan-fried chicken** on a second lined oven tray.
- Top chicken with **Cheddar cheese**.
- Bake until chicken is cooked through, the cheese is melted and buns are heated through, **3-5 minutes**.
- Meanwhile, in a large bowl, combine **slaw mix** and half the **smokey aioli**. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, **egg** and a generous pinch of **salt**. Whisk to combine.
- In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken breast** into the **egg mixture** to coat, then into the **breadcrumbs**. Set aside on a plate.



Serve up

- Top each bun with some slaw, sesame cucumber and chicken. Drizzle with **garlic stir-fry sauce**.
- Divide Korean fried chicken burgers and sesame sweet potato fries between plates.
- Serve with corn, sesame cucumber and remaining smokey aioli. Enjoy!

TIP: If you can't fit all the chicken in the buns, slice any remaining chicken and serve on the side!

We're here to help!

Scan here if you have any questions or concerns



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