

Easy As American-Spiced Chicken Burger

with Smokey Slaw & Sweet Potato Fries

KID FRIENDLY

Grab your meal kit
with this number

39



Sweet Potato



Chicken Breast



All-American
Spice Blend



Bake-At-Home
Burger Buns



Slaw Mix



Smokey Aioli



Tomato



Chicken
Breast



Haloumi

Prep in: 15-25 mins
Ready in: 30-40 mins

 Protein Rich

 Eat Me Early

Our All-American spice blend is one of our top seasonings for good reason. We can always rely on it to add a lovely depth of flavour to tender chicken breast - the perfect protein for when you want a burger and you want it now! Serve with sweet potato fries and try not to eat them all before you plate up!

Pantry items

Olive Oil, 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

Over tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
bake-at-home burger buns	2	4
slaw mix	1 small packet	1 large packet
smokey aioli	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
tomato	1	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3126kJ (747cal)	509kJ (83cal)
Protein (g)	51g	8.3g
Fat, total (g)	20.3g	3.3g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	84.7g	13.8g
- sugars (g)	24g	3.9g
Sodium (mg)	949mg	154.6mg
Dietary Fibre (g)	16.6g	2.7g

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.

1



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 tender, **20-25 minutes**.

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

3



Heat the buns & make the slaw

- While the chicken is cooking, halve **bake-at-home burger buns** and bake directly on a wire rack in the oven, until heated through, **2-3 minutes**.
- Meanwhile, in a large bowl, combine **slaw mix**, half the **smokey aioli** and a drizzle of **white wine vinegar**. Toss to combine. Season to taste. Set aside.
- Thinly slice **tomato**.

Little cooks: Lend a hand by tossing the slaw!

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD HALOUMI

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

2



Cook the chicken

- When fries have **5 minutes** remaining, cut **chicken breast** into 2cm-thick strips.
- In a medium bowl, combine **All-American spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through (when no longer pink inside), **3-4 minutes** each side.

Little cooks: Help combine the ingredients for the seasoning and have a go at tossing the chicken!

4



Serve up

- Spread each bun with the remaining smokey aioli, then top with smokey slaw, tomato and American-spiced chicken.
- Serve with sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the burgers!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



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

