



Korean Gochujang Aioli Chicken Burger

with Corn Cob

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

19



Corn



Chicken Breast



Sweet Soy Seasoning



Bake-At-Home Burger Buns



Mixed Salad Leaves



Sesame Dressing



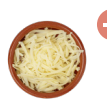
Gochujang



Garlic Aioli



Chicken Breast



Cheddar Cheese

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

Eat Me Early

Please welcome to the HelloFresh menu, gochujang! We're quickly becoming a fan of this well-loved Korean condiment and when it's mixed with aioli and paired with sweet soy chicken, this burger will be packing some major flavour punches. Things will definitely be heating up in your kitchen!

Pantry items

Olive Oil

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

Medium saucepan with lid · Large frying pan · Air fryer

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
bake-at-home burger buns	2	4
mixed salad leaves	1 medium packet	1 large packet
sesame dressing	1 medium packet	2 medium packets
gochujang	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3688kJ (729cal)	729kJ (144cal)
Protein (g)	84.9g	16.8g
Fat, total (g)	39.6g	7.8g
- saturated (g)	7g	1.4g
Carbohydrate (g)	76.4g	15.1g
- sugars (g)	21.2g	4.2g
Sodium (mg)	1726mg	341.1mg
Dietary Fibre (g)	11.5g	2.3g

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.

1



Cook the corn

- Boil the kettle.
- Halve **corn cob**.
- Half-fill a medium saucepan with boiling water.
- Cook **corn** in the boiling water until tender and bright yellow, **5 minutes**.
- Drain, season with **salt** and **pepper** and cover to keep warm.

3



Get prepped

- While chicken is cooking, set the air fryer to **200°C**.
- Halve **bake-at-home burger buns** and place into the air fryer basket and bake until heated through, **2-3 minutes**.
- In a second medium bowl, add **mixed salad leaves** and **sesame dressing**. Season to taste and toss to combine.
- In a small bowl, combine **gochujang** and **garlic aioli**. Stir to combine.

TIP: No air fryer? Halve burger buns and toast or grill to your liking.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

Sprinkle over the insides of buns before warming.

2



Cook the chicken

- Meanwhile, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken steaks** until 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.

4



Serve up

- Build burgers by spreading bun bases with some gochujang aioli.
- Top with chicken and salad.
- Serve with corn cob and remaining salad.
- Dollop corn with any remaining gochujang aioli to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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

