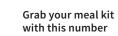


# Herby Chicken Fillet Burger with Cheesy Sweet Potato Fries

TAKEAWAY FAVES









**Sweet Potato** 





Tomato

Chicken Breast



Bake-At-Home

Garlic & Herb Seasoning



Burger Buns

Smokey Aioli

Mixed Salad Leaves





Prep in: 20-30 mins Ready in: 30-40 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

Oven 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
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 sachet	2 sachets
bake-at-home burger buns	2	4
smokey aioli	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (792Cal)	580kJ (138Cal)
Protein (g)	54.5g	9.5g
Fat, total (g)	28.3g	5g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	75.5g	13.2g
- sugars (g)	20g	3.5g
Sodium (mg)	1212mg	212mg
Dietary Fibre (g)	15.4g	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.



## 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 just tender, 20 minutes.
- Remove from oven. Sprinkle with Cheddar cheese and bake until golden, 5 minutes.

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



# Get prepped

- Meanwhile, thinly slice tomato into rounds.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



#### Flavour the chicken

 In a medium bowl, combine garlic & herb seasoning, a drizzle of olive oil and a generous pinch of salt. Add chicken, turning to coat.



#### Cook the chicken

- When the fries have 10 minutes remaining, heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Cook chicken steaks, until browned and 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.



# Bake the burger buns

 Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



## Serve up

- Spread burger buns with smokey aioli.
- Top with chicken, mixed salad leaves and tomato slices.
- Serve with cheesy sweet potato fries. Enjoy!



