

DIY Southern Fried Chicken Burger

with Pickled Cucumber, Sweet Potato Wedges & Mustard Mayo Slaw

SKILL UP

Grab your meal kit with this number

42



Chicken Thigh



Sweet Potato



Cucumber



All-American Spice Blend



Cornflour



Bake-At-Home Burger Buns



Shredded Cabbage Mix



Mustard Mayo



Chicken Salt




Chicken Breast



Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

 Eat Me Early

Here to challenge your inner chef, our new 'skill up' recipes will take you from zero to hero. Make your own buttermilk by mixing milk and vinegar, marinate the chicken and coat it in All-American spiced cornflour. You'll have brought the South to you. Cheat's way is the best way!

Pantry items

Olive Oil, Milk, White Wine Vinegar, Plain Flour

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
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
milk*	½ cup	1 cup
white wine vinegar* (for the chicken)	½ tbs	1 tbs
sweet potato	2	4
cucumber	1	2
white wine vinegar* (for the pickle)	¼ cup	½ cup
All-American spice blend	1 medium sachet	1 large sachet
cornflour	1 medium sachet	2 medium sachets
plain flour*	1 tbs	2 tbs
bake-at-home burger buns	2	4
shredded cabbage mix	1 medium packet	1 large packet
mustard mayo	1 medium packet	2 medium packets
chicken salt	1 sachet	2 sachets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3997kJ (955Cal)	531kJ (126Cal)
Protein (g)	48.4g	6.4g
Fat, total (g)	40.3g	5.4g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	94.5g	12.6g
- sugars (g)	27.7g	3.7g
Sodium (mg)	1798mg	239mg
Dietary Fibre (g)	15g	2g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



1 Marinate the chicken

- Place **chicken thigh** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm.
- In a large bowl, combine the **milk**, **white wine vinegar (for the chicken)** and a pinch of **salt** and **pepper**. Add **chicken**, turning to coat.
- Refrigerate for **30 minutes to 1 hour**.



4 Fry the chicken

- Once chicken has marinated, in a second medium bowl, combine **All-American spice blend**, **cornflour**, the **plain flour** and a pinch of **salt** and **pepper**. Add **chicken thigh**, tossing to coat.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Shake off excess **flour** and shallow fry **crumbed chicken** (watch out, it might splatter!) in batches, until golden and cooked through, **3-5 minutes** each side. Transfer to a paper towel-lined plate and sprinkle with a pinch of **salt**.

TIP: Add extra oil if needed so the chicken does not stick to the pan.



2 Bake the wedges

- Meanwhile, preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- When chicken has **25 minutes** left marinating, place **wedges** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.

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



5 Assemble the slaw

- While chicken is cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a third medium bowl, combine **shredded cabbage mix** and **mustard mayo**. Season to taste.



3 Pickle the cucumber

- While wedges are baking, slice **cucumber** into thin rounds.
- In a medium bowl, combine the **white wine vinegar (for the pickle)** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to the pickling liquid. Add enough **water** to just cover cucumber. Set aside.



6 Finish & serve

- To the tray with wedges, sprinkle over **chicken salt** and toss to coat.
- Drain pickled cucumber.
- Top burger buns with mustard mayo slaw, DIY Southern fried chicken and some pickled cucumber.
- Serve with sweet potato wedges and remaining cucumber. Enjoy!

CUSTOM OPTIONS

SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

ADD DICED BACON

Cook, breaking up with a spoon, until golden, 4-6 minutes. Add to burgers.

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

