



# Buffalo-Style Chicken Burger & Fries

with Naked Slaw & Mustard Mayo

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



All-American Spice Blend



BBQ Sauce



Bake-At-Home Burger Buns



Chicken Salt



Sweet Potato Fries



Chicken Breast



Slaw Mix



Pickled Jalapeños (Optional)



Mustard Mayo



Diced Bacon

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

Eat Me Early

Burgers are truly the best so we thought we'd jazz this week's one up by adding an all-American spice that gives a major kick we all love. Matched with our SP fries and slaw, you have some crunch, some crispiness and total taste!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato fries	1 medium bag	1 large bag
chicken breast	1 small packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
slaw mix	1 small bag	1 large bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
<b>pickled jalapeños</b> 🌶️ (optional)	1 medium packet	2 medium packets
mustard mayo	1 medium packet	2 medium packets
bake-at-home burger buns	2	4
chicken salt	1 sachet	2 sachets
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3266kJ (781Cal)	537kJ (128Cal)
Protein (g)	47.7g	7.8g
Fat, total (g)	21.3g	3.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	92.5g	15.2g
- sugars (g)	30.2g	5g
Sodium (mg)	2143mg	352mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3656kJ (874Cal)	560kJ (134Cal)
Protein (g)	54.4g	8.3g
Fat, total (g)	28.2g	4.3g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	93.4g	14.3g
- sugars (g)	30.7g	4.7g
Sodium (mg)	2575mg	394mg

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](https://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

2023 | CW04



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## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato fries** 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 fries between two trays.

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## Dress the slaw

- Meanwhile, in a second medium bowl, combine **slaw mix**, a drizzle of **vinegar** and **olive oil**.
- Toss to combine and season.
- Roughly chop **pickled jalapeños** (if using). In a small bowl, combine **pickled jalapeños** and **mustard mayo**.

**Custom Recipe:** Toss bacon through the slaw.

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## Get prepped

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **All-American spice blend** and pinch of **salt**.

**Little cooks:** Help combine the chicken, spice blend and salt!

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## Bake the burger buns

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

3



## Cook the chicken

- When fries have **15 minutes** remaining, in a large frying pan, heat a generous 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).
- Remove pan from heat and add **BBQ sauce** to pan, turning to coat.

**TIP:** The chicken is cooked when it is no longer pink inside.

**Custom Recipe:** If you've added diced bacon, before cooking the chicken, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a bowl. Continue with step as above.

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## Serve up

- To tray with fries, sprinkle over **chicken salt**, tossing to coat.
- Spread 1/2 the **mustard mayo** over the bases.
- Top with chicken steaks and a handful of slaw.
- Serve with fries and remaining slaw and mustard mayo. Enjoy!

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

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)