



Classic Chicken Parmi Burger

with Cheesy Potato Fries

BURGER COLLECTION

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Garlic



Passata



Chicken Breast



Aussie Spice Blend



Panko Breadcrumbs



Bake-At-Home Burger Buns



Mixed Salad Leaves



Diced Bacon

Prep in: 15-25 mins
Ready in: 25-35 mins

Go international and dive into our new burger collection; a selection of burger recipes inspired by different cuisines from across the world! Tonight, we've taken a pub classic; chicken parmi and the takeaway favourite; burger and chips and combined them to make this very first-of-its-kind, chicken parmi burger! You'll want to get in quick, this one won't last long!

Eat Me Early

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

Pantry items

Olive Oil, Brown Sugar, Butter, Plain Flour, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
shredded Cheddar cheese	1 large packet	2 large packets
garlic	2 cloves	4 cloves
passata	1 box	2 boxes
salt*	¼ tsp	½ tsp
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
chicken breast	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4220kJ (1008Cal)	610kJ (145Cal)
Protein (g)	65g	9.4g
Fat, total (g)	37.1g	5.4g
- saturated (g)	19.3g	2.8g
Carbohydrate (g)	97.2g	14.1g
- sugars (g)	13.6g	2g
Sodium (mg)	1640mg	237mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4630kJ (1106Cal)	629kJ (150Cal)
Protein (g)	72g	9.8g
Fat, total (g)	43.3g	5.9g
- saturated (g)	21.6g	2.9g
Carbohydrate (g)	98g	13.3g
- sugars (g)	14.1g	1.9g
Sodium (mg)	2086mg	283mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and season with a pinch of **salt** and **pepper**. Toss to coat. Bake until just tender, **20-25 minutes**.
- In the last **5 minutes** of cook time, remove from oven, sprinkle with half the **shredded Cheddar cheese** and bake until golden and crisp.

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



Cook the chicken

- Wash and dry frying pan and return to medium-high heat with enough **olive oil** to coat the base.
- Cook **crumbed chicken** in batches until golden and cooked through (when no longer pink inside), **2-4 minutes** each side.

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



Make the parmigiana sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1 minute**.
- Stir in **passata**, the **salt**, the **brown sugar** and the **butter**. Reduce heat to low and simmer until slightly thickened, **3-5 minutes**. Season to taste. Transfer to a bowl and set aside.

Custom Recipe: If you've added diced bacon, 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. Add garlic and continue making the sauce as above.



Make it cheesy

- Transfer **chicken schnitzels** to a second lined oven tray.
- Top and evenly spread each piece of **chicken** with **parmigiana sauce**, then sprinkle with remaining **shredded Cheddar cheese**.
- Bake until cheese is golden, **8-10 minutes**.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



Prep the chicken

- Place **chicken breast** between two sheets of baking paper. Pound **chicken** with a meat mallet or rolling pin until an even thickness, about 1cm-thick.
- In a shallow bowl, combine **Aussie spice blend** and the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**. Dip **chicken** into **spice mixture** to coat, then into **egg**, and finally in **breadcrumbs**. Set aside on a plate.



Serve up

- Top bases of burger buns with cheesy chicken parmi schnitzel and **mixed salad leaves**.
- Serve with fries. Enjoy!

Rate your recipe

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