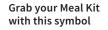


Classic Chicken Parmi Burger

with Cheesy Potato Fries

BURGER COLLECTION

KID FRIENDLY











Potato









Aussie Spice

Blend

Passata

Chicken Breast



Panko Breadcrumbs

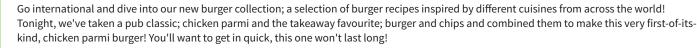






Mixed Salad Leaves





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

Prep in: 15-25 mins

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 \cdot Large frying pan

Ingredients

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	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*	1/4 tsp	½ tsp		
brown sugar*	1 tsp	2 tsp		
butter*	20g	40g		
chicken breast	1 medium packet	2 small packets		
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!

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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.



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.



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.



Serve up

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



We need your expertise!

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