

Classic Crumbed Chicken Burger

with Fries & Mayo

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast



Bake-At-Home Burger Buns



Mayonnaise




Tomato



Mixed Salad Leaves

 Hands-on: 25-35 mins
Ready in: 35-45 mins

 Eat me early

There's nothing quite like a golden crumb on a tender chicken breast to cheer you up – that's just simple science. Pop it in a brioche-style bun with crisp veggies and mayo, then add a side of crispy fries for an unbeatable dinner combo.

Pantry items

Olive Oil, Plain Flour, Egg

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
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	2 sachets
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
grated Parmesan cheese	1 packet	2 packets
chicken breast bake-at-home burger buns	1 small packet 2	1 large packet 4
mayonnaise	1 packet (40g)	1 packet (100g)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4061kJ (970Cal)	639kJ (152Cal)
Protein (g)	57.4g	9g
Fat, total (g)	38.8g	6.1g
- saturated (g)	11.1g	1.7g
Carbohydrate (g)	91.2g	14.3g
- sugars (g)	8g	1.3g
Sodium (mg)	1303mg	205mg

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 fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries onto the oven tray lined with baking paper. Season with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



Get prepped

While the fries are baking, combine the **Aussie spice blend** and **plain flour** in a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, mix the **panko breadcrumbs** and **grated Parmesan cheese**. Season with **salt** and **pepper**.



Crumb the chicken

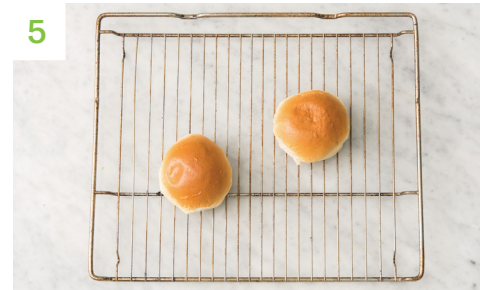
Place the **chicken breasts** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 2cm thick, then slice each **chicken breast** in half. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Transfer to a plate.



Cook the chicken

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken**, in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

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



Heat the burger buns

Place the **bake-at-home burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**. Thinly slice the **tomato**.



Serve up

Spread the buns with the **mayonnaise**. Top with the **mixed salad leaves**, crumbed chicken breasts and tomato slices. Serve with the fries.

Enjoy!