

Parmesan Crumbed Chicken Burger

with Fries & Mayo



Potato



Aussie Spice Blend



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast



Bake-At-Home Burger Buns



Tomato




Mayonnaise



Mixed Salad Leaves

 Hands-on: 25-35 mins
Ready in: 30-40 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 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
tomato	1	2
mayonnaise	1 packet (40g)	1 packet (100g)
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3894kJ (931Cal)	624kJ (149Cal)
Protein (g)	62.1g	9.9g
Fat, total (g)	32.6g	5.2g
- saturated (g)	9.3g	1.5g
Carbohydrate (g)	90.7g	14.5g
- sugars (g)	8.7g	14.5g
Sodium (mg)	1266mg	203mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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



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**, **grated Parmesan cheese** and a pinch of **salt** and **pepper**.



Prep & crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Set aside on a plate.

TIP: Use one hand for the wet ingredients and one hand for the dry ingredients to stop your hands getting too messy!



Cook the chicken

In a large frying pan, add enough **olive oil** to cover the base and heat over a medium-high heat. Cook the **crumbed chicken**, in batches, until golden and cooked through, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan!

TIP: Chicken is cooked through when it's no longer pink inside.



Heat the burger buns

Place the **bake-at-home burger buns** directly on the wire racks of the oven. Bake until heated through, **3 minutes**. Meanwhile, thinly slice the **tomato**.



Serve up

Spread the buns with the **mayonnaise**. Top with some **mixed salad leaves**, the Parmesan crumbed chicken and sliced tomato. Serve with the fries.

Enjoy!

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