



# Parmesan Crumbed Chicken Burger

with Sweet Potato Fries & Mayo

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Panko Breadcrumbs



Shaved Parmesan Cheese



Chicken Breast



Bake-At-Home Burger Buns



Tomato



Mayonnaise



Mixed Salad Leaves



Haloumi

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

Look out takeaway, there's a new chicken burger on the scene. Whether it's the golden crumb on the chicken, the silky mayo or the soft brioche-style buns, every bite is a delight – and best of all you made it yourself!

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

### Pantry items

Olive Oil, 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

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	2	4
Aussie spice blend	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ tbs	1 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
tomato	1	2
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3943kJ (942Cal)	634kJ (152Cal)
Protein (g)	57.6g	9.3g
Fat, total (g)	33.4g	5.4g
- saturated (g)	9.4g	1.5g
Carbohydrate (g)	98.1g	15.8g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1182mg	190mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5095kJ (1218Cal)	715kJ (171Cal)
Protein (g)	74.7g	10.5g
Fat, total (g)	56.2g	7.9g
- saturated (g)	23.8g	3.3g
Carbohydrate (g)	99.3g	13.9g
- sugars (g)	18.1g	2.5g
Sodium (mg)	2217mg	311mg

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



## Bake the fries

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

**Custom Recipe:** If you've added haloumi, in a medium bowl, add haloumi and cover with water to soak.



## Cook the chicken

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

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

**Custom Recipe:** After cooking the chicken, drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. Return frying pan to medium-high heat with enough olive oil to coat the base. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.



## Get prepped

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



## Heat the burger buns

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



## Crumb the chicken

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

**Little cooks:** Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.



## Serve up

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

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

**Custom Recipe:** Add one golden haloumi slice to each Parmesan crumbed chicken burger.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)