

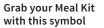
Parmesan Crumbed Chicken Burger

with Sweet Potato Fries & Mayo

MONTHLY SPECIAL

KID FRIENDLY







Sweet Potato





Panko Breadcrumbs









Bake-At-Home

Burger Buns

Chicken Breast



Tomato



Mayonnaise



Mixed Salad Leaves



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

Look out takeaway, there's a new chicken burger on the scene. Whether it's the golden crumb on the chicken, the silky mayo



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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
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
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 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.



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.



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.



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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

