



# 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



Shredded Cheddar Cheese

Prep in: 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 sweet potato fries for an unbeatable dinner combo.

**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
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items

## 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)	4287kJ (1025Cal)	667kJ (159Cal)
Protein (g)	62.5g	9.7g
Fat, total (g)	40.5g	6.3g
- saturated (g)	13.6g	2.1g
Carbohydrate (g)	98.1g	15.3g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1326mg	206mg

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 oven to **240°C/220°C fan-forced**.
- Cut **sweet 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.

**Custom Recipe:** If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove fries from the oven. Sprinkle over shredded Cheddar cheese and cook until golden.



## Cook the chicken

- In a large frying pan, add enough **olive oil** to cover the base and heat over medium-high heat.
- Cook **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.



## 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**, **shaved Parmesan cheese** and a pinch of **salt** and **pepper**.



## 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**.



## Prep & 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.
- Dip **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!



## Serve up

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

## Rate your recipe

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