



Corn Chip-Crumbed Chicken Burger

with Sweet Potato Fries & Creamy Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Chicken Thigh



Corn Chips



All-American Spice Blend



Bake-At-Home Burger Buns



Slaw Mix



Mustard Mayo



Chicken Breast

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Eat Me Early

You'll want to roll up your sleeves for this one! Corn chips are crushed down to make a coating for succulent chicken, before being pan-fried to crispy perfection. Finished off with creamy slaw, mustardy mayo and SP fries, we couldn't ask for more.



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

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 |
| sweet potato | 2 | 4 |
| chicken thigh | 1 small packet | 1 large packet |
| corn chips | ½ large packet | 1 large packet |
| All-American spice blend | 1 medium sachet | 1 large sachet |
| plain flour* | ½ tbs | 1 tbs |
| egg* | 1 | 2 |
| bake-at-home burger buns | 2 | 4 |
| slaw mix | 1 small bag | 1 large bag |
| mustard mayo | 1 large packet | 2 large packets |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4488kJ (1072Cal) | 683kJ (163Cal) |
| Protein (g) | 55.1g | 8.4g |
| Fat, total (g) | 43.3g | 6.6g |
| - saturated (g) | 7.7g | 1.2g |
| Carbohydrate (g) | 108.4g | 16.5g |
| - sugars (g) | 24.7g | 3.8g |
| Sodium (mg) | 1443mg | 220mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4457kJ (1065Cal) | 679kJ (162Cal) |
| Protein (g) | 56g | 8.5g |
| Fat, total (g) | 42.1g | 6.4g |
| - saturated (g) | 7.4g | 1.1g |
| Carbohydrate (g) | 108.4g | 16.5g |
| - sugars (g) | 24.6g | 3.7g |
| Sodium (mg) | 1440mg | 219mg |

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.

1



Bake the sweet potato 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.

2



Prep the chicken

Meanwhile, place **chicken thigh** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm. Open **corn chips** packet (see ingredients), then crush **chips** directly in packet until resembling coarse breadcrumbs. Transfer to a plate. In a shallow bowl, combine **All-American spice blend**, the **plain flour** and a pinch of **salt**. In a second shallow bowl, whisk **egg**. Dip **chicken** into **flour mixture** to coat, then into **egg**, and finally in **chip crumbs**. Set aside on a plate.

CUSTOM RECIPE

If you've swapped to chicken breast, prepare in the same way as chicken thigh, as above.

3



Cook the chicken

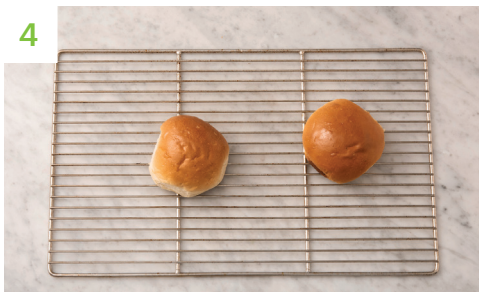
When fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook crumbed **chicken**, in batches, until golden and cooked through, **3-5 minutes** each side. Transfer to a plate lined with paper towel.

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

CUSTOM RECIPE

Cook crumbed chicken breast as above.

4



Heat the buns

While chicken is cooking, place the **bake-at-home burger buns** directly on an oven wire rack. Bake until heated through, **3 minutes**.

5



Toss the slaw

Meanwhile, combine **slaw mix**, a drizzle of **olive oil** and 1/2 the **mustard mayo** in a medium bowl. Season to taste.

6



Serve up

Slice burger buns in half. Spread bases with some mustard mayo. Top with corn chip-crumbed chicken and creamy slaw. Divide burgers and sweet potato fries between plates. Serve with any remaining mustard mayo.

Enjoy!

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