



Crumbed Chicken Burger

with Fries & Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Potato



Lemon



Sweet Chilli Sauce



Garlic Aioli



Slaw Mix



Tomato



Panko Breadcrumbs




Chicken Breast



Bake-At-Home Burger Buns

Hands-on: **30-40 mins**
Ready in: **35-45 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 creamy slaw and sweet chilli aioli, 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
lemon	½	1
sweet chilli sauce	1 packet (25g)	1 packet (50g)
garlic aioli	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
tomato	1	2
plain flour*	1½ tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4290kJ (1025Cal)	598kJ (142Cal)
Protein (g)	53.6g	7.5g
Fat, total (g)	41.7g	5.8g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	100.2g	14g
- sugars (g)	15.1g	2.1g
Sodium (g)	1773mg	247mg

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 fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, zest the **lemon** (see **ingredients list**) to get a **pinch**, then slice into wedges. In a small bowl, combine the **sweet chilli sauce** with **1/2** the **garlic aioli** and the **lemon zest**. In a medium bowl, combine the **remaining aioli** with a **generous squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Add the **slaw mix** and toss to coat. Thinly slice the **tomato**.



3. Crumb the chicken

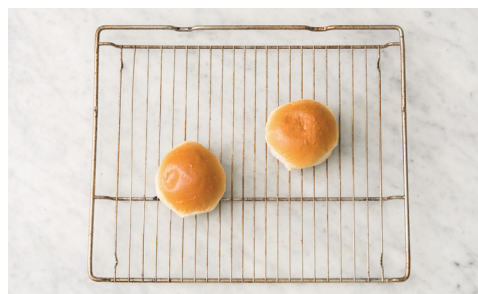
In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** and season with **salt** and **pepper**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



4. Cook the chicken

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **chicken** and cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel to drain.

TIP: If your pan is getting crowded, cook in batches for best results, adding more oil as needed.



5. Heat the burger buns

Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



6. Serve up

Slice the burger buns in half then spread with the sweet chilli mayo. Top with the crumbed chicken (you can either double stack or save half for lunch), some tomato and a handful of slaw. Serve with the fries and any remaining slaw.

Enjoy!