Crumbed Chicken Burger with Fries & Sweet Chilli Aioli





















Bake-At-Home

Burger Buns

Sauce

Panko Breadcrumbs





Chicken Breast



Slaw Mix

Pantry items Olive Oil, Plain Flour, Egg

Prep in: 30-40 mins Ready in: 35-45 mins



Eat Me Early

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	1/2	1
tomato	1	2
sweet chilli sauce	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
plain flour*	2 tbs	1/4 cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4177kJ (998Cal)	585kJ (140Cal)
Protein (g)	56.6g	7.9g
Fat, total (g)	35.9g	5g
- saturated (g)	7g	1g
Carbohydrate (g)	104.7g	14.7g
- sugars (g)	16.9g	2.4g
Sodium (mg)	1658mg	232mg

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.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut 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 the fries between two trays.



Get prepped

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges. Thinly slice **tomato**.
- In a small bowl, combine sweet chilli sauce, lemon zest and 1/2 the garlic aioli.
- In a medium bowl, combine remaining aioli with a generous squeeze of lemon juice and a pinch of salt and pepper. Add slaw mix and toss to coat.

Little cooks: Take charge by combining the sauces!



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, combine panko breadcrumbs with a pinch of salt and pepper.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- Dip **chicken** into **flour** to coat, then into **egg**, and finally in **breadcrumbs**. Transfer to a plate.

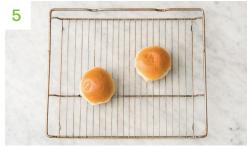
Little cooks: Help crumb the chicken! Use one hand for wet ingredients and the other for dry so you don't get sticky fingers. Wash your hands well afterwards!



Cook the chicken

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

TIP: Add extra oil if needed so the chicken does not stick to the pan.



Heat the burger buns

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



Serve up

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

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

