



Crumbed Chicken Burger

with Fries & Sweet Chilli Aioli

Grab your Meal Kit with this symbol



Potato



Lemon



Tomato



Sweet Chilli Sauce



Panko Breadcrumbs



Bake-At-Home Burger Buns



Chicken Breast



Garlic Aioli



Slaw Mix

Prep in: 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
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	¼ 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.

1



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.

2



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!

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, 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!

4



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.

5



Heat the burger buns

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

6



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!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW34



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate