



Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Mixed Sesame Seeds



Cucumber



Sesame Oil Blend



Panko Breadcrumbs



Bake-At-Home Burger Buns



Slaw Mix



Smokey Aioli



Chicken Breast



Shredded Cheddar Cheese



Sichuan Garlic Paste

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Korean cuisine isn't shy about using big, bold, and outrageous flavours. These chicken breasts are no exception. They take a cue from the Asian nation's famed version of fried chicken and are teamed with crisp sesame cucumber salad, golden fries and corn for an absolutely vibrant feast.

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	2 cobs	4 cobs
mixed sesame seeds	1 medium packet	1 large packet
cucumber	1	2
sesame oil blend	1 packet	2 packets
rice wine vinegar*	1 tbs	2 tbs
soy sauce*	1 tbs	2 tbs
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
chicken breast	1 small packet	1 large packet
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
smokey aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5769kJ (1379Cal)	640kJ (153Cal)
Protein (g)	68.2g	7.6g
Fat, total (g)	62.2g	6.9g
- saturated (g)	14.8g	1.6g
Carbohydrate (g)	128.7g	14.3g
- sugars (g)	37.4g	4.1g
Sodium (mg)	1780mg	197mg

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 & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until fries are tender and corn is golden, **20-25 minutes**.

TIP: If your oven tray is getting crowded, divide the fries and corn between two trays.



Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook crumbed **chicken**, in batches, until just golden, **1-2 minutes** each side (it will finish cooking in step 5!).
- Transfer to a paper towel-lined plate.

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



Prep the cucumber & sauce

- Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine **cucumber**, **sesame oil blend**, the **rice wine vinegar**, the **soy sauce** and a generous pinch of **salt** and **sugar**. Set aside.
- In a small bowl, combine **Sichuan garlic paste** and a splash of **water**. Set aside.



Bake the chicken & burger buns

- Place **bake-at-home burger buns** and pan-fried **chicken** on a second lined oven tray.
- Top **chicken** with **shredded Cheddar cheese**.
- Bake until chicken is cooked through, cheese is melted and buns are heated through, **3-5 minutes**.
- Meanwhile, combine **slaw mix** and 1/2 the **smokey aioli** in a large bowl. Season to taste.

TIP: Chicken is cooked through when it's no longer pink inside.



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.
- In a shallow bowl, combine the **plain flour**, the **egg** and a generous pinch of **salt**. Whisk to combine.
- In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken breast** into **egg mixture** to coat, then into **breadcrumbs**. Set aside on a plate.



Serve up

- Drain sesame cucumber. Halve burger buns.
- Top each bun with some slaw, sesame cucumber and chicken. Drizzle with Sichuan garlic sauce.
- Divide Korean fried chicken burgers and sweet potato fries between plates.
- Serve with corn, any remaining slaw and cucumber and remaining aioli. Enjoy!

TIP: If you can't fit all the chicken in the buns, slice any remaining chicken and serve on the side!

We're here to help!

Scan here if you have any questions or concerns



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