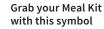


Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn







Sweet Potato





Mixed Sesame



Cucumber

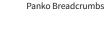
Seeds





Sesame Oil







Bake-At-Home Burger Buns







Chicken Breast





Slaw Mix



Smokey Aioli

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



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 \cdot Large frying pan

Ingredients

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	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	2 medium packets	
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 large packet	2 large packets	
* Dantry Itoms			

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5780kJ (1381Cal)	641kJ (153Cal)
Protein (g)	67.6g	7.5g
Fat, total (g)	62.5g	6.9g
- saturated (g)	15g	1.7g
Carbohydrate (g)	128.5g	14.3g
- sugars (g)	37.7g	4.2g
Sodium (mg)	1787mg	198mg

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.



Make the sesame cucumber

- 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
- In a small bowl, combine **Sichuan garlic paste** and a splash of water. Set aside.



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, 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.



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!



Bake the chicken & buns

- · Place bake-at-home burger buns and pan-fried chicken on a second lined oven trav.
- Top chicken with shredded Cheddar cheese.
- Bake until chicken is cooked through, the 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.



Serve up

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



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



