



Peri-Peri Chicken Burger

with Cheesy Sweet Potato Fries

BURGER COLLECTION



Grab your Meal Kit with this symbol



Sweet Potato



Shredded Cheddar Cheese



Tomato



Chicken Breast



Peri-Peri Seasoning



Bake-At-Home Burger Buns



Smokey Aioli



Mixed Salad Leaves



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

Go international and dive into our new Burger collection; a selection of burger recipes inspired by different cuisines from across the world! Tonight, let us transport you to the shores of Portugal, home to the great Peri-Peri seasoning. Slathered onto juicy chicken breast and with a side of cheesy sweet potato fries, burger night has been sorted!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
sweet potato	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
chicken breast	1 small packet	1 large packet
peri-peri seasoning	1 sachet	2 sachets
bake-at-home burger buns	2	4
smokey aioli	1 medium packet	2 medium packets
mixed salad leaves	1 small bag	1 medium bag
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3427kJ (819Cal)	597kJ (143Cal)
Protein (g)	51.9g	9g
Fat, total (g)	29.8g	5.2g
- saturated (g)	9.6g	1.7g
Carbohydrate (g)	81.7g	14.2g
- sugars (g)	20.1g	3.5g
Sodium (mg)	1293mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3983kJ (952Cal)	767kJ (183Cal)
Protein (g)	33.2g	6.4g
Fat, total (g)	44g	8.5g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	100.7g	19.4g
- sugars (g)	21.1g	4.1g
Sodium (mg)	1982mg	382mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20 minutes**.
- Remove from oven. Sprinkle with **shredded Cheddar cheese** and bake until golden, **5 minutes**.

TIP: If your oven tray is crowded, divide fries between two trays.

4



Cook the chicken

- When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- Cook **chicken steaks** until cooked through (when no longer pink inside), **3-6 minutes** each side (cook in batches if your pan is getting crowded).

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

2



Get prepped

- Meanwhile, thinly slice **tomato** into rounds. Set aside.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

5



Bake the burger buns

- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



Flavour the chicken

- In a medium bowl, combine **peri-peri seasoning**, a drizzle of **olive oil** and a generous pinch of **salt**. Add **chicken breast**, turning to coat.

Custom Recipe: If you've swapped to plant-based crumbed chicken, combine plant-based chicken with peri-peri seasoning as above, turning gently to coat.

6



Serve up

- Spread the burger bun bases with **smokey aioli**. Top with peri-peri chicken, tomato slices and **mixed salad leaves**.
- Serve with cheesy sweet potato fries. Enjoy!

Rate your recipe

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