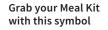


Peri-Peri Chicken Burger

with Cheesy Sweet Potato Fries

BURGER COLLECTION







Sweet Potato





Tomato



Chicken Breast





Seasoning



Smokey Aioli







Burger Buns

Leaves



Pantry items Olive Oil



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!

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 \cdot Large frying pan

Ingredients

9			
	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.



Scan here if you have any questions or concerns





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.



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.



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.



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.



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.



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!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate