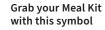


Sweet Chilli Chicken Burgers

with Sweet Potato Fries





















Sweet Chilli Sauce



Bake-At-Home

Burger Buns

Leaves



Hands-on: 30-40 mins Ready in: 35-45 mins

Eat me early

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

| 9 | | |
|-----------------------------|-------------------|--------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| sweet potato | 2 | 4 |
| chicken breast | 1 small packet | 1 large packet |
| tomato | 1 | 2 |
| lime | 1/2 | 1 |
| sweet chilli sauce | 1 packet (50g) | 1 packet (100g) |
| bake-at-home burger buns | 2 | 4 |
| garlic aioli | 1 packet (50g) | 1 packet (100g) |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------------|
| Energy (kJ) | 3361kJ (803Cal) | 572kJ (136Cal) |
| Protein (g) | 49.4g | 8.4g |
| Fat, total (g) | 27.1g | 4.6g |
| - saturated (g) | 5.4g | 0.9g |
| Carbohydrate (g) | 83g | 14.1g |
| - sugars (g) | 28.9g | 4.9g |
| Sodium (mg) | 791mg | 135mg |

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

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato into fries. Place on a lined oven tray. Drizzle with olive oil and season with salt.

Toss to coat, then arrange in a single layer and bake until tender, 25-30 minutes.



Prep the chicken

While the fries are baking, place your hand flat on top of the **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Prep the veggies & sauce

Thinly slice the **tomato**. In a small bowl, combine a good squeeze of **lime juice** and the **sweet chilli sauce**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season both sides of the **chicken** with **salt** and **pepper**. Add the **chicken** to the pan and cook until cooked through, **3-4 minutes** each side. Add the **sweet chilli mixture** and turn to coat, **1 minute**.

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



Heat the burger buns

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



Serve up

Slice the burger buns in half. Spread the base of the buns with the **garlic aioli**. Top with a handful of the **mixed salad leaves**, the tomato slices and sweet chilli chicken. Serve the sweet potato fries on the side.

Enjoy!