



# Sweet Chilli Chicken Burgers

with Sweet Potato Fries

Grab your Meal Kit with this symbol



Sweet Potato



Chicken Breast



Tomato



Lime



Sweet Chilli Sauce



Bake-At-Home Burger Buns



Garlic Aioli



Mixed Salad Leaves

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

Eat me early

As the sweet chilli sauce starts to caramelize on your chicken, you know there's some magic at work. With a side of sweet potato fries and a crisp salad, there's never a dull moment in this weeknight winner. What's the best bit, you ask? We can't decide!

### Pantry items

Olive Oil

## 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

	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	½	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](https://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!**