



# Sweet Chilli Chicken Burger

with Spiced Sweet Potato Fries & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



## SYD+ MEL VERSION



Sweet Potato



Aussie Spice Blend



Tomato



Sweet Chilli Sauce



Bake-At-Home Burger Buns



Mixed Salad Leaves



Chicken Breast



Garlic Aioli



Haloumi

Prep in: 20-30 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. Complete with a side of hand cut sweet potato fries, there's never a dull moment in this weeknight winner.

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

### Pantry items

Olive Oil, Soy Sauce

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	1 medium sachet	2 medium sachets
tomato	1	2
<b>soy sauce*</b>	1 tbs	2 tbs
sweet chilli sauce	1 medium packet	1 large packet
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
garlic aioli	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3461kJ (827Cal)	597kJ (143Cal)
Protein (g)	47.1g	8.1g
Fat, total (g)	28.6g	4.9g
- saturated (g)	5.7g	1g
Carbohydrate (g)	89.7g	15.5g
- sugars (g)	28.3g	4.9g
Sodium (mg)	1458mg	251mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3853kJ (920Cal)	763kJ (182Cal)
Protein (g)	30.9g	6.1g
Fat, total (g)	46.1g	9.1g
- saturated (g)	18.5g	3.7g
Carbohydrate (g)	90.8g	18g
- sugars (g)	29.3g	5.8g
Sodium (mg)	2405mg	476mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Bake the 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**, sprinkle with **Aussie spice blend** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

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## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken** until cooked through, **3-4 minutes** each side.
- Add **sweet chilli mixture** and cook, turning **chicken** to coat, **1 minute**.

**TIP:** Chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** When the fries have 5 minutes remaining, prepare the pan as above. Cook haloumi until browned, 1-2 minutes each side. Add sweet chilli mixture, as above.

2



## Prep the tomato & sauce

- Meanwhile, thinly slice **tomato**.
- In a small bowl, combine the **soy sauce** and **sweet chilli sauce**.

**Little cooks:** Take charge by combining the sauces!

**Custom Recipe:** If you've swapped to haloumi, slice haloumi to get one piece per person.

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## Heat 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



## Prep the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- Season both sides of the **chicken** with **salt** and **pepper**.

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## Serve up

- Spread the bun bases with **garlic aioli**.
- Top each bun base with some **mixed salad leaves**, tomato slices and sweet chilli chicken.
- Serve with spiced sweet potato fries. Enjoy!

**Little cooks:** Take the lead and help build the burgers!

**Custom Recipe:** Top the burger buns with the sweet chilli haloumi.

## Rate your recipe

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