



Peri-Peri Chicken Burger

with Cheesy Sweet Potato Fries

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Sweet Potato



Cheddar Cheese



Tomato



Chicken Breast



Peri-Peri Seasoning



Bake-At-Home Burger Buns



Smokey Aioli



Mixed Salad Leaves



Haloumi

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

Eat Me Early

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
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
chicken breast	1 small packet	2 small packets OR 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
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3419kJ (817Cal)	596kJ (142Cal)
Protein (g)	52.7g	9.2g
Fat, total (g)	29.2g	5.1g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	81.7g	14.2g
- sugars (g)	20.1g	3.5g
Sodium (mg)	1289mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4571kJ (1092Cal)	688kJ (164Cal)
Protein (g)	69.8g	10.5g
Fat, total (g)	52g	7.8g
- saturated (g)	23.8g	3.6g
Carbohydrate (g)	82.8g	12.5g
- sugars (g)	21.1g	3.2g
Sodium (mg)	2324mg	350mg

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 **Cheddar cheese** and bake until golden, **5 minutes**.

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

Custom Recipe: If you've added haloumi, place haloumi in a medium bowl and cover with water to soak.

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 browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

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

Custom Recipe: After cooking the chicken, transfer chicken to a plate. Return frying pan to medium-high heat with enough olive oil to coat the base. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.

2



Get prepped

- Meanwhile, thinly slice **tomato** into rounds.
- 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**, tossing to coat.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi in half horizontally to get 1 piece per person.

6



Serve up

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

Custom Recipe: Add golden haloumi to burger to serve.

Rate your recipe

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