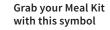
# Cheesy Aussie Chicken Burger

with Fries & Mayo











Potato

Chicken Tenderloins



Aussie Spice Blend

Tomato







Cheddar Cheese

Bake-At-Home Burger Buns

Mayonnaise



Leaves

Prep in: 10 mins Ready in: 25 mins



There's nothing quite like a perfectly spiced chicken burger to cheer up the gang – that's just simple science! Pop it in a brioche-style bun with cheese, tomato and a slathering of mayo, then add a side of crispy fries for an unbeatable quick dinner.

**Pantry items** Olive Oil

#### Before you start Wash your hands and any fresh food.

# You will need

Oven tray lined with baking paper · Large frying pan

# Ingredients

<b>3</b>	
	2 People
olive oil*	refer to method
potato	2
chicken tenderloins	1 medium packet
Aussie spice blend	1 medium sachet
tomato	1
bake-at-home burger buns	2
Cheddar cheese	1 medium packet
mayonnaise	1 medium packet
mixed salad leaves	1 small packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3613kJ (864Cal)	628kJ (150Cal)
Protein (g)	55.8g	9.7g
Fat, total (g)	37.7g	6.6g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	70.8g	12.3g
- sugars (g)	9.1g	1.6g
Sodium (mg)	1007mg	175mg

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 oven to 240°C/220°C fan-forced.
- Cut **potato** into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

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



# Bake the buns

- When the fries have **5 minutes** remaining, thinly slice **tomato** into rounds. Slice **bake-at-home burger buns** in half.
- Place burger buns on the oven tray with the fries. Sprinkle bases with Cheddar cheese. Bake until heated through and cheese is melted, 3-5 minutes.



# Cook the chicken

- Meanwhile, combine chicken tenderloins, Aussie spice blend and a drizzle
  of olive oil in a medium bowl. Season with salt and pepper.
- When the fries have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.

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



# Serve up

- Spread buns with some mayonnaise. Top with tomato, chicken and mixed salad leaves.
- Serve with fries and any remaining mayonnaise. Enjoy!

