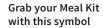




Cheesy Aussie Chicken Burger with Fries & Garlic Aioli









Chicken Tenderloins





Aussie Spice Blend



Bake-At-Home Burger Buns





Garlic Aioli



Cheese

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 our garlic aioli, then add a side of crispy fries for an unbeatable quick dinner.

Pantry items Olive Oil

SEM



Before you start Wash your hands and any fresh food.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People
olive oil*	1
potato	2
chicken tenderloins	1 small packet
Aussie spice blend	1 medium sachet
tomato	1
bake-at-home burger buns	2
shredded Cheddar cheese	1 medium packet
garlic aioli	1 medium packet
mixed salad leaves	1 small bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3611kJ (863Cal)	628kJ (150Cal)
Protein (g)	55.8g	9.7g
Fat, total (g)	37.6g	6.5g
- 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 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 **shredded 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 bun bases with some garlic aioli. Top with tomato, chicken and mixed salad leaves.
- Serve with fries and any remaining aioli. Enjoy!



We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate

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