



# Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn

TASTE TOURS



Grab your Meal Kit with this symbol



-  Sweet Potato
-  Corn
-  Mixed Sesame Seeds
-  Cucumber
-  Sesame Oil Blend
-  Panko Breadcrumbs
-  Bake-At-Home Burger Buns
-  Sichuan Garlic Paste
-  Chicken Breast
-  Shredded Cheddar Cheese
-  Slaw Mix
-  Smokey Aioli

Prep in: 20-30 mins  
Ready in: 35-45 mins

 Eat Me Early

Korean cuisine isn't shy about using big, bold, and outrageous flavours. These chicken breasts are no exception. They take a cue from the Asian nation's famed version of fried chicken and are teamed with crisp sesame cucumber salad, sweet potato fries and corn for an absolutely vibrant feast.

### Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce, Plain Flour, Egg



## 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

Two oven trays 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
corn	2 cobs	4 cobs
mixed sesame seeds	1 medium packet	2 medium packets
cucumber	1	2
sesame oil blend	1 packet	2 packets
<b>rice wine vinegar*</b>	1 tbs	2 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
Sichuan garlic paste	1 packet (80g)	2 packets (160g)
chicken breast	1 small packet	1 large packet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
shredded Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
smokey aioli	1 large packet	2 large packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5653kJ (1351Cal)	630kJ (150Cal)
Protein (g)	65.5g	7.3g
Fat, total (g)	61.1g	6.8g
- saturated (g)	13.4g	1.5g
Carbohydrate (g)	128.5g	14.3g
- sugars (g)	37.7g	4.2g
Sodium (mg)	1755mg	196mg

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.

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## Bake the fries & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until **fries** are tender and **corn** is golden, **20-25 minutes**.

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



## Cook the chicken

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When **oil** is hot, cook **crumbed chicken**, in batches, until just golden, **1-2 minutes** each side (it will finish cooking in step 5!).
- Transfer to a paper towel-lined plate.

**TIP:** Add extra oil between batches if needed so the chicken doesn't stick to the pan!



## Make the sesame cucumber

- Slice **cucumber** into half-moons.
- In a medium bowl, combine **sesame oil blend**, the **rice wine vinegar**, **soy sauce** and a generous pinch of **salt** and **sugar**. Add **cucumber**, toss to coat. Set aside.
- In a small bowl, combine **Sichuan garlic paste** and a splash of **water**. Set aside.



## Bake the chicken & buns

- Place **bake-at-home burger buns** and pan-fried **chicken** on a second lined oven tray.
- Top **chicken** with **shredded Cheddar cheese**.
- Bake until **chicken** is cooked through, the **cheese** is melted and **buns** are heated through, **3-5 minutes**.
- Meanwhile, combine **slaw mix** and 1/2 the **smokey aioli** in a large bowl. Season to taste.

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



## Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, **egg** and a generous pinch of **salt**. Whisk to combine.
- In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken breast** into **egg mixture** to coat, then into **breadcrumbs**. Set aside on a plate.



## Serve up

- Drain sesame cucumber. Halve burger buns.
- Top each bun with the chicken and some slaw. Drizzle with Sichuan garlic sauce.
- Divide Korean fried chicken burgers and sweet potato fries between plates.
- Serve with corn, sesame cucumber and remaining aioli. Enjoy!

**TIP:** If you can't fit all the chicken in the buns, slice any remaining chicken and serve on the side!

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