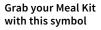


Mexican Crumbed Chicken Burger

with Lime Mayo











Tex-Mex Spice Blend









Cheese

Chicken Breast



Lime



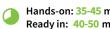
Bake-At-Home Burger Buns



Mayonnaise



Mixed Salad Leaves



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

Large frying pan · Oven tray lined with baking paper

Ingredients

ingi edients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
tomato	1	2	
corn	1 cob	2 cobs	
Tex-Mex spice blend	1 sachet	2 sachets	
salt*	½ tsp	1 tsp	
egg*	1	2	
panko breadcrumbs	1 packet	2 packets	
chicken breast	1 small packet	1 large packet	
shredded Cheddar cheese	½ packet (25g)	1 packet (50g)	
lime	1/2	1	
bake-at-home burger buns	2	4	
mayonnaise	1 packet (40g)	1 packet (100g)	
mixed salad leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g	
Energy (kJ)	3485kJ (832Cal)	704kJ (168Cal)	
Protein (g)	52.9g	10.7g	
Fat, total (g)	34.7g	7g	
- saturated (g)	10.6g	2.1g	
Carbohydrate (g)	70.3g	14.2g	
- sugars (g)	10.2g	2.1g	
Sodium (mg)	1646mg	333mg	

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.



Get prepped

Thinly slice the **tomato**. Cut the **corn** cob in half (or quarters if you prefer).



Crumb the chicken

In a shallow bowl, combine the **Tex-Mex spice blend** and the **salt**. In a second shallow bowl,
whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** and season generously
with **salt** and **pepper**. Place the **chicken breasts**between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they
are an even thickness, about 1cm thick, then slice
each **chicken breast** in half. Dip the **chicken** into
the **Mexican spice**, followed by the **egg**, and finally
into the **panko breadcrumbs**. Transfer to a plate.



Cook the chicken

Heat a large frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **crumbed chicken**, in batches, until golden, **2-3 minutes** each side. Transfer to an oven tray lined with baking paper. Sprinkle the **shredded Cheddar cheese** (see ingredients) over the chicken. Bake until the cheese has melted and the chicken is cooked through, **3-4 minutes**.

TIP: Add extra oil if needed to stop the chicken sticking to the pan.



Char the corn

Return the frying pan to a medium-high heat. Cook the **corn**, turning occasionally, until lightly charred, **3-4 minutes**. Season with **salt** and **pepper**.



Heat the burger buns

Place the **bake-at-home burger buns** on a plate and microwave for **1 minute**. Halve the buns and toast in the frying pan over a medium-high heat until golden, **3-4 minutes**. In a small bowl, combine the **mayonnaise** with a generous squeeze of **lime juice**.

TIP: If you don't have a microwave, you can bake the buns straight on the wire rack at 180°C/160°C fan-forced for 3 minutes, or until heated through.



Serve up

Cut the burger buns in half. Spread the bases with the lime mayo and top with the Mexican crumbed chicken, tomato slices and **mixed salad leaves**. Serve with the charred corn.

Enjoy!