

# Mexican Crumbed Chicken Burger

with Lime Mayo

Grab your Meal Kit  
with this symbol



Tomato



Corn



Tex-Mex Spice  
Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar  
Cheese



Lime



Bake-At-Home  
Burger Buns



Mayonnaise



Mixed Salad  
Leaves



Hands-on: **35-45 mins**  
Ready in: **40-50 mins**



Eat me early

You've been dreaming of a Mexican-flavoured crumbed chicken burger? Well how about that – so have we! And we promise you, it tastes even better in real life than we had imagined.

## Pantry items

Olive Oil, 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

Large frying pan · Oven tray lined with baking paper

## Ingredients

	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	½	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

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

2



## 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.

3



## 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.

4



## 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**.

5



## 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.

6



## 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!