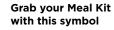


Rosemary & Parmesan Crumbed Chicken Burger

with Cos Lettuce Salad & Mayo









Rosemary





Cos Lettuce

Panko Breadcrumbs





Chicken Breast

Grated Parmesan Cheese



Bake-At-Home **Burger Buns**



Mayonnaise



Pantry items

Olive Oil, Balsamic Vinegar, Honey, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
rosemary	1 bunch	1 bunch
tomato	2	4
cos lettuce	½ head	1 head
balsamic vinegar*	2 tsp	1 tbs
honey*	1 tsp	2 tsp
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
grated Parmesan cheese	1 packet	2 packets
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
mayonnaise	1 packet (40g)	1 packet (100g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3825kJ (914Cal)	723kJ (172Cal)
Protein (g)	53.8g	10.2g
Fat, total (g)	43.9g	8.3g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	70.2g	13.3g
- sugars (g)	9.8g	1.9g
Sodium (mg)	1345mg	254mg

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.



1. Get prepped

Preheat the oven to 200°C/180°C fan-forced. Pick and finely chop the rosemary leaves. Thinly slice the tomato. Set aside some cos lettuce leaves for each burger, then finely shred the remaining cos. In a medium bowl, combine the balsamic vinegar, honey and 2 tbs olive oil. Season with salt and pepper and mix well.



2. Get ready to crumb

In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, mix the **panko breadcrumbs**, **grated Parmesan cheese** and chopped **rosemary** and season with **salt** and **pepper**.



3. Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 2cm thick, then slice each **chicken breast** in half. Dip the **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Set aside on a plate, ready to fry.



4. Cook the chicken

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed chicken** and cook in batches, until golden on the outside and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil if needed so the chicken does not stick to the pan.



5. Heat the burger buns

Place the **bake-at-home burger buns** directly on the wire racks of the oven and bake until heated through, **3 minutes**. Add the **shredded cos lettuce** and the **tomato** (save some slices for the burgers!) to the dressing in the bowl. Toss to coat.



6. Serve up

Cut the burger buns in half then spread the bases with mayo. Top with the rosemary and parmesan crumbed chicken, tomato slices and the reserved cos lettuce leaves. Serve with the cos lettuce salad.

Enjoy!