



# Rosemary & Parmesan Crumbed Chicken Burger

## with Cos Lettuce Salad & Mayo

Grab your Meal Kit with this symbol



Rosemary



Tomato



Cos Lettuce



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast



Bake-At-Home Burger Buns



Mayonnaise

Hands-on: **15-25** mins  
Ready in: **25-35** mins

Eat me early

Look out takeaway, there's a new chicken burger on the scene. Whether it's the golden crumb on the chicken, the silky mayo or the soft brioche-style buns, every bite is a delight – and best of all you made it yourself!

### 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](https://www.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.



### 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.



### 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**.



### 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.



### 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.



### 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!**