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FRESH

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Southern Chicken Burger with Dill & Parsley Mayo

We're un-Cajun the beast of great taste tonight! Terrible puns aside though, this spicy Southern-style crispy chicken will really set your tastebuds on fire. Good thing you've also got some delectable dill and parsley mayo to cool things off.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



eat me
early

Pantry Items



Plain
Flour



Baking
Powder



Butter



Free Range
Chicken Thighs



Bake-At-Home
Wholemeal
Burger Buns



Mixed Salad
Leaves



Cajun Spice Mix



Tomato



Dill & Parsley
Mayonnaise

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2P	4P	Ingredients
1 packet	2 packets	free range chicken thighs
¼ cup	½ cup	plain flour *
½ tsp	1 tsp	baking powder * (optional)
½ sachet	1 sachet	Cajun spice mix (caution: spicy)
2	4	bake-at-home wholemeal burger buns
1 bag	2 bags	mixed salad leaves
1	2	tomato, thinly sliced
1 tub	2 tubs	dill & parsley mayonnaise
2 tsp	1 tbs	butter *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2280	Kj
Protein	39.1	g
Fat, total	26.6	g
-saturated	5.1	g
Carbohydrate	37.9	g
-sugars	3.6	g
Sodium	702	mg

2a



You will need: chef's knife, chopping board, plastic bag and oven tray lined with baking paper.

1 Preheat the oven to **200°/180°** fan-forced.

2 Place the **chicken thighs, plain flour, baking powder, Cajun spice mix** and a generous seasoning of **salt** and **pepper** in a plastic bag and shake to coat the chicken thighs. Place on the prepared oven tray and spray or brush the chicken lightly with some **olive oil**.

2b



3 Place the chicken in the oven for **25-30 minutes**, or until the chicken is cooked through.

4 In the last **7-8 minutes** of the chicken cooking time place the **bake-at-home wholemeal burger buns** in the oven to heat through.

5a



5 To assemble the burger, spread the heated burger bun with **butter**. Top with the **mixed salad leaves, crumbed chicken thigh, tomato slices** and **dill & parsley mayonnaise**. Serve with any leftover mixed salad. Enjoy!

5b



Did you know? According to the Guinness World Records, the heaviest tomato weighs a whopping 3.9kg.