

## **SWEET CHILLI CHICKEN BURGERS**

with Sweet Potato Fries & Green Salad



As the sweet chilli sauce starts to caramelise on your chicken, you know there's some magic at work. Full of fresh

tomato, cucumber and lemon, there's never a dull moment in this weeknight winner. What's the best bit, you ask?



Flavour chicken with sweet chilli sauce



Sweet Potato



Chicken Breast







Cucumber



Tomato



Burger Bun



Mixed Salad Leaves

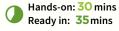


Dill & Parsley



Mayonnaise

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic), Honey



We can't decide!



## START

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

•two oven trays lined with baking paper • large frying pan



Preheat the oven to 220°C/200°C fanforced. Cut the sweet potato (unpeeled) into
1cm fries. Spread the sweet potato over two
oven trays lined with baking paper. Drizzle
with olive oil and season with salt and
pepper. Toss to coat, then arrange in a single
layer and bake until tender, 25-30 minutes.

\*TIP: Cut the sweet potato to the correct size
so it cooks in the allocated time.



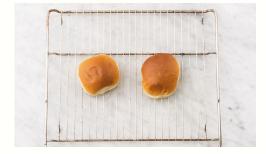
2 FLAVOUR THE CHICKEN
While the sweet potato is baking, place
your hand flat on top of each chicken
breast and use a sharp knife to slice through
horizontally to make two thin steaks. In a
medium bowl, combine the chicken, a good
squeeze of lime juice and 1/2 the sweet chilli
sauce. Season with a pinch of salt and pepper
and toss to coat.



PREP THE VEG
Chop the cucumber into 1cm chunks.
Thinly slice 1/2 the tomato then chop the remaining tomato. In a medium bowl, combine the vinegar, honey and 2 tsp olive oil. Set aside.



4 COOK THE CHICKEN
In a large frying pan, heat a drizzle of olive oil over a high heat. Add the chicken and cook, brushing occasionally with the remaining sweet chilli sauce, until cooked through, 3-4 minutes each side. Transfer to a plate to rest. \*TIP: The chicken is cooked through when it is no longer pink inside.



WARM THE BURGER BUNS
While the chicken is resting, place the bake-at-home burger buns directly onto the wire racks in the oven and bake until warmed through, 3 minutes. Add the cucumber, chopped tomato and 1/2 the mixed salad leaves to the medium bowl with the dressing. Toss to coat just before serving.



SERVE UP
Slice the burger buns in half. Spread
the base of the buns with the dill & parsley
mayonnaise. Top with a handful of the
remaining mixed salad leaves, the tomato
slices and sweet chilli chicken. Serve the salad
and sweet potato fries on the side.

**ENJOY!** 

## INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	4
chicken breast	1 packet
lime	1
sweet chilli sauce	1 tub (100 g)
cucumber	1
tomato	1
vinegar* (white wine or balsamic)	1 tsp
honey*	½ tsp
bake-at-home burger bun	5
mixed salad leaves	1 bag (60 g)
dill & parsley mayonnaise	1 tub (50 g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	3560kJ (851Cal)	569kJ (136Cal)
Protein (g)	52.0g	8.3g
Fat, total (g)	28.2g	4.5g
saturated (g)	8.1g	1.3g
Carbohydrate (g)	90.2g	14.4g
- sugars (g)	27.5g	4.4g
Sodium (g)	904mg	144mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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