



SWEET CHILLI CHICKEN BURGERS

with Sweet Potato Fries & Green Salad



Flavour chicken with
sweet chilli sauce



Sweet Potato



Chicken Breast



Lime



Sweet Chilli
Sauce



Cucumber



Tomato



Bake-At-Home
Burger Bun



Mixed Salad
Leaves



Dill & Parsley
Mayonnaise



Hands-on: **30** mins
Ready in: **35** mins



Eat me early

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? We can't decide!

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

BEFORE YOU 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**



1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. 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.



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.



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.



5 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.



3 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.



6 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!

4-5 PEOPLE 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	PER 100G
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](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

Hello@HelloFresh.com.au

2019 | WK20

HelloFRESH