



Sweet Chilli Chicken Burgers

with Sweet Potato Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Chicken Breast



Tomato



Sweet Chilli Sauce



Bake-At-Home Burger Buns



Garlic Aioli



Mixed Salad Leaves

Hands-on: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

As the sweet chilli sauce starts to caramelize on your chicken, you know there's some magic at work. Complete with a side of hand cut sweet potato fries, there's never a dull moment in this weeknight winner.

Pantry items

Olive Oil, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
chicken breast	1 small packet	1 large packet
tomato	1	2
white wine vinegar*	drizzle	drizzle
sweet chilli sauce	1 packet (50g)	1 packet (100g)
bake-at-home burger buns	2	4
garlic aioli	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	579kJ (138Cal)
Protein (g)	46.4g	8.1g
Fat, total (g)	29.5g	5.1g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	79.3g	13.8g
- sugars (g)	17.8g	13.8g
Sodium (mg)	801mg	139mg

The quantities provided above are averages only.

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



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Prep the chicken

While the fries are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

3



Prep the tomato & sauce

Thinly slice the **tomato**. In a small bowl, combine a drizzle of **white wine vinegar** and the **sweet chilli sauce**.

4



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season both sides of the **chicken** with **salt** and **pepper**. Cook the **chicken** until cooked through, **3-4 minutes** each side. Add the **sweet chilli mixture** and turn to coat, **1 minute**.

TIP: Chicken is cooked through when it's no longer pink inside.

5



Heat the burger buns

Place the **bake-at-home burger buns** directly on a wire oven rack. Bake until heated through, **3 minutes**.

6



Serve up

Slice the burger buns in half and spread the bases with the **garlic aioli**. Top with some **mixed salad leaves**, tomato slices and sweet chilli chicken. Serve with the sweet potato fries.

Enjoy!

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