



# Smokey Chicken & Slaw Burger

with Aioli & Fries

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Chicken Breast



Louisiana Spice Blend



Carrot



Burger Buns



Shredded Cabbage Mix



Smokey Aioli



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins

Eat Me Early

Those smokey flavours are magical, they have the unbeatable power to make your mouth water. The chicken is stacked up in a burger and smeared with smoky aioli to cast a spell on your tastebuds. The only way to break the spell is, of course, to dig in and devour the fries and chicken burger!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
chicken breast	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
carrot	1	2
burger buns	2	4
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	480kJ (114Cal)
Protein (g)	48.1g	7.6g
Fat, total (g)	22.4g	3.6g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	81.5g	13g
- sugars (g)	21.8g	3.5g
Sodium (mg)	1367mg	217mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3782kJ (904Cal)	479kJ (114Cal)
Protein (g)	80.6g	10.2g
Fat, total (g)	28.1g	3.6g
- saturated (g)	7.1g	0.9g
Carbohydrate (g)	81.5g	10.3g
- sugars (g)	21.8g	2.8g
Sodium (mg)	1466mg	186mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Bake the fries

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

**Little cooks:** Kids can help toss the fries.

3



## Cook the chicken

- When fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

**TIP:** The chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook the chicken in batches for best results.

2



## Get prepped

- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **Louisiana spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and turn to coat.
- Grate the **carrot**.

**Custom Recipe:** If you've doubled your chicken breast, prep chicken in the same way as above.

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## Serve up

- In a large bowl, combine **shredded cabbage mix**, carrot and a drizzle of **white wine vinegar** and olive oil. Season with salt and pepper.
- Top each bun with some slaw and smokey chicken. Spread tops of burger buns with **smokey aioli**.
- Serve with fries and any remaining aioli and slaw. Enjoy!

**Little cooks:** Take the lead and help build the burgers!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)