



Easy Celtic-Style Chicken & Gravy Burger

with Lemon Pepper Roasted Spuds & Slaw

GAME NIGHT

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Spice Blend



Chicken Breast



Garlic & Herb Seasoning



Carrot



Super Slaw



Gravy Granules



Burger Buns



Shredded Cheddar Cheese

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

Eat Me Early

Gather around the table to get a bite of this chicken burger slathered in gravy. Make it an occasion and invite some friends to join the team spirit. Everyone will love the peppery lemon roasted spud slices. We're sure you'll be this burger's biggest fan.

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
olive oil*	refer to method	refer to method
potato	2	4
lemon pepper spice blend	1 sachet	1 sachet
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
carrot	1	2
super slaw	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
burger buns	2	4
shredded Cheddar cheese** (40g)	1 packet (80g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2731kJ (653Cal)	443kJ (106Cal)
Protein (g)	48.9g	7.9g
Fat, total (g)	11.6g	1.9g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	87.8g	14.3g
- sugars (g)	22.9g	3.7g
Sodium (mg)	1320mg	214mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3089kJ (738Cal)	486kJ (116Cal)
Protein (g)	53.6g	8.4g
Fat, total (g)	19g	3g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	87.8g	13.8g
- sugars (g)	22.9g	3.6g
Sodium (mg)	1459mg	229mg

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 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

2023 | CW39



1



Roast the potato

- Preheat oven to **220°C/200°C fan-forced**. Cut **potato** into 0.5cm-thick rounds, then place on a lined oven tray.
- Sprinkle with **lemon pepper spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat, spread out evenly, then roast until golden, **20-25 minutes**.

Little cooks: Help toss the potatoes!

Custom Recipe: If you've added shredded Cheddar cheese, in last 5 minutes of cook time, remove potato from oven, sprinkle with shredded Cheddar and bake until golden and crisp, 5 minutes.

3



Bring it all together

- Meanwhile, grate **carrot**.
- In a second medium bowl, combine **super slaw**, **carrot** and a drizzle of **white wine vinegar** and **olive oil**. Season and set aside.
- In a small heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- Halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



Cook the chicken

- Meanwhile, boil the kettle. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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

4



Serve up

- Top each bun with some roasted potatoes, slaw, garlic chicken and spoon over gravy.
- Serve with remaining potatoes, slaw and gravy. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

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