



Easy Smokey Chicken & Slaw Burger

with Aioli & Hand Cut Fries

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 smokey 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
olive oil*	refer to method	refer to method
potato	2	4
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Louisiana spice blend	1 sachet	2 sachets
carrot	1	2
burger buns	2	4
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3024kJ (723Cal)	467kJ (112Cal)
Protein (g)	54.4g	8.4g
Fat, total (g)	19.9g	3.1g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	83g	12.8g
- sugars (g)	27g	4.2g
Sodium (mg)	1405mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3795kJ (907Cal)	460kJ (110Cal)
Protein (g)	93.3g	11.3g
Fat, total (g)	23.2g	2.8g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	84g	10.2g
- sugars (g)	27.2g	3.3g
Sodium (mg)	1540mg	187mg

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

2024 | CW14



1



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.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

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

Custom Recipe: Cook chicken in batches for best results.

2



Get prepped

- Meanwhile, 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 **carrot**.

Custom Recipe: If you've doubled your chicken breast, flavour chicken in a large bowl.

4



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.
- Spread both tops and bottoms of burger buns with **smokey aioli**.
- Top each bun base with some slaw and smokey chicken.
- 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