

Quick American Chicken & Slaw Burger with Kumara Fries & Smokey Aioli

KID FRIENDLY

Grab your meal kit with this number





Kumara





All-American

Spice Blend



Carrot

Chicken Breas

Burger Buns

Baby Leaves



Shredded Cabbage Mix

Smokey Aioli



AIR FRYER FRIENDLY

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



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 to dig in and devour the fries and chicken burger!

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
carrot	1	2
burger buns	2	4
baby leaves	1 small packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
* Pantry Items		

Pantry Item

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3098kJ (740cal)	280kJ (67cal)
Protein (g)	49.9g	4.5g
Fat, total (g)	19.8g	1.8g
- saturated (g)	4.6g	0.4g
Carbohydrate (g)	91.8g	8.3g
- sugars (g)	20.6g	1.9g
Sodium (mg)	1305mg	118.1mg
Dietary Fibre (g)	10.7g	1g

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.



Cook the fries

- Peel kumara and cut into fries.
- Set your air fryer to 200°C. Place fries into the air fryer basket, drizzle with olive oil, season with salt and cook for 10 minutes. Shake the basket, then cook until golden, a further 10-15 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray, drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



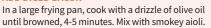
Cook the chicken

CUSTOM

- When fries have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken until browned and 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: Chicken is cooked through when it's no longer pink inside.





Serve up

• Roughly chop baby leaves.

burger buns with **smokey aioli**.

Get prepped

• Grate carrot.

horizontally to make two thin steaks.

drizzle of **olive oil**. Add **chicken** and turn to coat.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



OPTIONS

ADD DICED BACON

• In a large bowl, combine shredded cabbage mix, baby leaves, carrot and a

drizzle of white wine vinegar and olive oil. Season with salt and pepper.

• Top each bun base with some slaw and American chicken. Spread tops of

• Serve with fries and any remaining aioli and slaw. Enjoy!

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

• Meanwhile, place your hand flat on top of **chicken breast** and slice through

• SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a

medium bowl, combine All-American spice blend, a pinch of salt and a

