



Quick American Chicken & Slaw Burger

with Kumara Fries & Smokey Aioli

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

11



Kumara



Chicken Breast



All-American Spice Blend



Carrot



Burger Buns



Baby Leaves



Shredded Cabbage Mix



Smokey Aioli



Chicken Breast



Diced Bacon

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 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

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

1



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.

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 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.

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Mix with smokey aioli.

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 **All-American spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and turn to coat.
- Grate **carrot**.

4



Serve up

- Roughly chop **baby leaves**.
- 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 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



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

