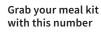


Easy American Chicken & Slaw Burger with Fries & Smokey Aioli

KID FRIENDLY AIR FRYER FRIENDLY







Potato





All-American Spice Blend



Carrot

Burger Buns



Shredded Cabbage



Baby Leaves

Mix



Smokey Aioli





Pantry items Olive Oil, White Wine Vinegar

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

Protein Rich

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!

1 Eat Me Early

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	1 (medium)	1 (large)
potato	1/2	1
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 (481cal)	481kJ (75cal)
Protein (g)	49.9g	7.7g
Fat, total (g)	19.8g	3.1g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	91.9g	14.3g
- sugars (g)	20.6g	3.2g
Sodium (mg)	1305mg	202.6mg
Dietary Fibre (g)	9.9g	1.5g

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 | CW49



Cook the fries

- Peel kumara and potato (see ingredients) 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

- 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.



DOUBLE CHICKEN BREAST Follow method above, cooking in batches if necessary.

ADD DICED BACON

Cook, breaking up with a spoon, until browned, 4-5 minutes. Stir through smokey aioli.

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





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.



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!