



# BBQ CHICKEN BURGERS

with Creamy Corn Slaw



Flavour chicken  
with BBQ sauce



Carrot



Corn



Garlic Aioli



BBQ Sauce



Chicken Thigh



Shredded  
Cabbage Mix



Burger Bun



Hands-on: **25 mins**

Ready in: **40 mins**



Eat me early

Our tangy smokey BBQ sauce is delicious by itself but here we've used it in two ways to get the most out of the tasty condiment. First, combine half with garlic aioli to create an addictive burger sauce, then use the rest to cook the chicken, adding a light char and deeper flavour. We know how to make things better – just go straight to the sauce!

**Pantry Staples:** Olive Oil



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Grate the **carrot** (unpeeled). Cut the **corn** kernels off the cob. In a small bowl, combine **1/2** the **garlic aioli** and **1/2** the **BBQ sauce**. Set aside.



### 2 FLAVOUR THE CHICKEN

In a medium bowl, combine the **chicken thigh** and the **remaining BBQ sauce**. Toss to coat. Set aside.



### 3 MAKE THE CREAMY SLAW

In a large bowl, combine the **remaining garlic aioli** with the **white wine vinegar**, **brown sugar** and a **drizzle of olive oil**. Season with **salt** and **pepper** and mix well. Add the **shredded cabbage mix** and **carrot** to the dressing and toss to coat. Heat a large frying pan over a high heat. Add the **corn kernels** and cook, tossing, for **4-5 minutes** or until charred. Transfer the corn to the slaw mixture and toss to coat. Set aside.



### 4 COOK THE CHICKEN

Return the large frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **chicken thigh** and cook, turning occasionally, for **10-14 minutes**, or until browned and cooked through.



### 5 HEAT THE BURGER BUNS

While the chicken is cooking, bake the **burger buns** directly on the wire racks for **3 minutes**, or until heated through. Cut in half.



### 6 SERVE UP

Spread the bottom of the burger buns with the **BBQ aioli**, then top with some of the **creamy slaw** and **BBQ chicken**. Serve any remaining slaw on the side.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
carrot	1
corn	1
garlic aioli	1 tub (75 g)
BBQ sauce	1 tub (100 g)
chicken thigh	1 packet
white wine vinegar*	3 tsp
brown sugar*	1 tsp
shredded cabbage mix	1 bag (150 g)
burger bun	5

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3180kJ (759Cal)	748kJ (179Cal)
Protein (g)	44.6g	10.5g
Fat, total (g)	32.0g	7.5g
- saturated (g)	9.2g	2.2g
Carbohydrate (g)	66.9g	15.7g
- sugars (g)	18.0g	4.2g
Sodium (g)	1090mg	256mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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