

BBQ CHICKEN BURGERS

with Creamy Corn Slaw





Flavour chicken with BBQ sauce











Chicken Thigh

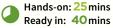


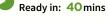
Cabbage Mix



Burger Bun

Pantry Staples: Olive Oil







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!

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

large frying pan



Technical Series of the corn to 200°C/180°C fanforced. 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.



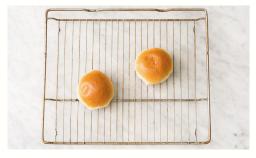
2 FLAVOUR THE CHICKEN
In a medium bowl, combine the chicken thigh and the remaining BBQ sauce. Toss to coat. Set aside.



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.



Return the large frying pan to a mediumhigh 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.



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!

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
at, 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

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