



# Corn Chip-Crusted Chicken Burger

with Spiced Fries & BBQ Mayo

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Corn Chips



Chicken Breast



Barbecue Seasoning



Panko Breadcrumbs



Burger Buns



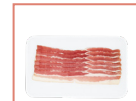
Slaw Mix



Mayonnaise



BBQ Sauce



Bacon

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Add some fun to your chicken burger by crusting it in corn chips and frying it up into a mouth watering sensation. To give it a little kick we've included our barbecue spice blend to the mix. Put it on a bun and serve with spiced fries and creamy slaw. It's a meal that's a delight to make and eat!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg, Red Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
corn chips	1 medium packet	1 large packet
chicken breast	1 packet	1 packet
plain flour*	1 tbs	2 tbs
barbecue seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	½ packet	1 packet
burger buns	2	4
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (80g)	2 packets (160g)
red wine vinegar*	drizzle	drizzle
BBQ sauce	1 packet (40g)	1 packet (80g)
bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4609kJ (1102Cal)	685kJ (164Cal)
Protein (g)	55g	8.2g
Fat, total (g)	49.1g	7.3g
- saturated (g)	9.8g	1.5g
Carbohydrate (g)	117.3g	17.4g
- sugars (g)	27.2g	4g
Sodium (mg)	2169mg	322mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5194kJ (1241Cal)	718kJ (172Cal)
Protein (g)	62.9g	8.7g
Fat, total (g)	61.3g	8.5g
- saturated (g)	14.2g	2g
Carbohydrate (g)	117.3g	16.2g
- sugars (g)	27.2g	3.8g
Sodium (mg)	2568mg	355mg

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

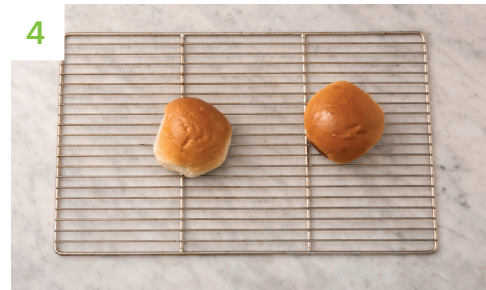
If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW19



## Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place **fries** on a lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



## Toast the burger buns

While the chicken is cooking, bake **burger buns** directly on a wire oven rack until heated through, **3 minutes**.



## Get prepped

Meanwhile, finely crush **corn chips** to resemble breadcrumbs. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a shallow bowl, combine the **plain flour**, **barbecue seasoning** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **corn chips** and **panko breadcrumbs** (see ingredients). Coat **chicken** first in **flour mixture**, followed by the **egg**, and finally in **corn chip crumb**. Transfer to a plate.



## Toss the slaw

In a large bowl, combine **slaw mix**, 1/2 the **mayonnaise** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.



## Cook the chicken

Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base. Cook crumbed **chicken** in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Add extra oil if needed so the chicken doesn't stick to the pan.

### CUSTOM RECIPE

If you've added bacon to your meal, before cooking the chicken, heat the pan as above. Cook bacon until golden and crisp, 3-4 minutes each side. Transfer to a paper towel-lined plate lined. Continue with step.



## Serve up

Slice burger buns in half, then spread the base with some **BBQ sauce**. Top with corn chip-crumbed chicken and slaw. Serve with spiced fries, remaining mayonnaise and any remaining slaw.

### CUSTOM RECIPE

Add bacon to your burgers.

Enjoy!