



MEXICAN CRUMBED CHICKEN BURGER

with Baked Fries & Lemon Mayonnaise



Add the flavours of Mexico to your burger



Potato



Cos Lettuce



Tomato



Sweetcorn



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Breast



Shredded Cheddar Cheese



Burger Bun



Lemon



Mayonnaise

Hands-on: **35 mins**
Ready in: **40 mins**

Eat me early

You've been dreaming of a Mexican-flavoured crumbed chicken burger? Well how about that – so have we! And we promise you, it tastes even better in real life than we had imagined.

Pantry Staples: Olive Oil, Eggs

BEFORE YOU START

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

- **large frying pan** • **two oven trays** lined with **baking paper**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C** fan-forced. Cut the **potato** (unpeeled) into 1cm fries. Place the fries onto the oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



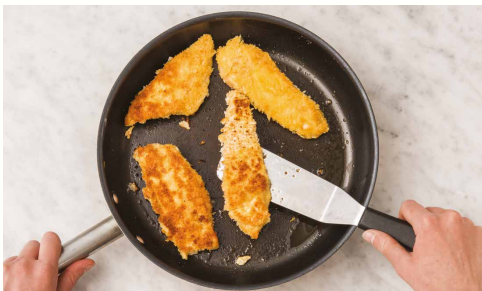
2 CHAR THE CORN

Set aside some **cos lettuce leaves** for each burger, then shred the remaining cos. Thinly slice the **tomato** into rounds. Drain the **sweetcorn**. Heat a large frying pan over a high heat. When the pan is hot, add the **corn** kernels and cook, tossing, until lightly charred, **5 minutes**. **TIP:** Cover the pan with a lid if the kernels are "popping" out. Season with **salt** and **pepper** and transfer to a medium bowl.



3 CRUMB THE CHICKEN

In a shallow bowl, combine the **Tex-Mex spice blend** and the **salt**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, place the **panko breadcrumbs** and season generously with **salt** and **pepper**. Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 1cm thick, then slice each chicken breast in half. Dip the **chicken** into the Mexican spice, followed by the egg, and finally into the panko breadcrumbs. Set aside on a plate.



4 COOK THE CHICKEN

Return the frying pan to a medium-high heat. Add enough **olive oil** to coat the base. When the oil is hot, add **1/2** the crumbed **chicken** and cook until golden, **2-3 minutes** each side. **TIP:** Add extra oil if needed to prevent sticking. Transfer to a second oven tray lined with baking paper. Repeat with the remaining chicken. Sprinkle the **chicken** with **shredded Cheddar cheese**. Bake on the bottom shelf until the cheese melts and chicken is cooked through, **3-4 minutes**.



5 MAKE THE SALAD

Place the **burger buns** directly on the wire racks of the oven and bake until heated through, **3 minutes**. Add the shredded **cos lettuce** to the bowl with the **corn** kernels. Add a **drizzle** of **olive oil**, a **generous squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Toss to coat. In a small bowl, combine the **mayonnaise** with a **generous squeeze** of **lemon juice**.



6 SERVE UP

Cut the burger buns in half. Spread the bases with the lemon mayo and top with the cheesy Mexican crumbed chicken, tomato slices and reserved cos lettuce leaves. **TIP:** Tear the cos lettuce leaves in half if needed. Add any leftover tomato to the salad (roughly chop if you like), then divide the burgers and salad between plates. Serve with the fries.

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	6
cos lettuce	1 head
tomato	2
sweetcorn	1 tin (300 g)
Tex-Mex spice blend	2 sachets
salt*	½ tsp
eggs*	2
panko breadcrumbs	2 packets
chicken breast	1 medium packet
shredded Cheddar cheese	1 packet (50 g)
burger bun	5
lemon	1
mayonnaise	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	5020kJ (1200Cal)	602kJ (144Cal)
Protein (g)	60.2g	7.2g
Fat, total (g)	48.8g	5.9g
- saturated (g)	14.8g	1.8g
Carbohydrate (g)	119g	14.3g
- sugars (g)	13.0g	1.6g
Sodium (g)	1780mg	214mg

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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ENJOY!