



Easy Louisiana Chicken Burger

with Slaw & Fries

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Louisiana Spice Blend



Burger Buns



Smokey Aioli



Chicken Breast



Shredded Cabbage Mix

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

Eat Me Early

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, of course, to dig in and devour this burger!

Pantry items

Olive Oil, White 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
carrot	1	2
chicken breast	1 small packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
burger buns	2	4
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3160kJ (755Cal)	498kJ (119Cal)
Protein (g)	44.9g	7.1g
Fat, total (g)	27.3g	4.3g
- saturated (g)	6.4g	1g
Carbohydrate (g)	82g	12.9g
- sugars (g)	22.2g	3.5g
Sodium (mg)	1404mg	221mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

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

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the chicken

- When fries have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken strips** until cooked through, **3-4 minutes** each side.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



Get prepped

- Meanwhile, grate the **carrot**. Cut **chicken breast** into thin strips.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **chicken**, **Louisiana spice blend**, a pinch of **salt** and a drizzle of **olive oil**.

4



Serve up

- In a large bowl, combine **shredded cabbage mix**, carrot and a drizzle of **white wine vinegar** and olive oil. Season.
- Top each bun with slaw and Louisiana chicken strips. Spread top halves of burger buns with **smokey aioli**.
- Serve with fries and any remaining smokey aioli and slaw. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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