



# Smokey Louisiana Chicken Burger

with Crunchy Slaw & Kumara Fries

KID FRIENDLY



Grab your Meal Kit with this symbol



Kumara



Carrot



Louisiana Spice Blend



Burger Buns



Smokey Aioli



Chicken Breast



Shredded Cabbage Mix

Prep in: 15-35 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 the kumara fries and chicken 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
<b>olive oil*</b>	refer to method	refer to method
kumara	1	2
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)
<b>white wine vinegar*</b>	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3220kJ (770Cal)	508kJ (121Cal)
Protein (g)	43.3g	6.8g
Fat, total (g)	27.5g	4.3g
- saturated (g)	6.4g	1g
Carbohydrate (g)	85.9g	13.5g
- sugars (g)	24.9g	3.9g
Sodium (mg)	1463mg	231mg

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

1



## Bake the kumara fries

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

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

- 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 strips**, **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 smokey Louisiana chicken strips. Spread top halves of burger buns with some **smokey aioli**.
- Serve with kumara fries and any remaining smokey aioli and slaw. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW05



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