



Sweet Chilli Chicken Burgers

with Fries & Garlic Aioli

Grab your Meal Kit
with this symbol



Potato



Chicken Breast



Tomato



Sweet Chilli
Sauce



Bake-At-Home
Burger Buns



Garlic Aioli



Mixed Salad
Leaves

Hands-on: 20-30 mins
 Ready in: 35-45 mins

Eat Me Early

As the sweet chilli sauce starts to caramelise on your chicken, you know there's some magic at work. With a side of hand cut fries and a crisp salad for the perfect flavour balance, there's never a dull moment in this weeknight winner. The best bit, you ask? We can't decide!

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
chicken breast	1 small packet	1 large packet
tomato	1	2
sweet chilli sauce	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
bake-at-home burger buns	2	4
garlic aioli	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 small bag (30g)	1 medium bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3368kJ (805Cal)	566kJ (135Cal)
Protein (g)	49.4g	8.3g
Fat, total (g)	27.1g	4.6g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	83.2g	14g
- sugars (g)	29.1g	14g
Sodium (mg)	791mg	133mg

The quantities provided above are averages only.

Allergens

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

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



Bake the fries

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then arrange in a single layer and bake until tender, **25-30 minutes**.



Prep the chicken

While the fries are baking, place your hand flat on top of each **chicken breast**. Use a sharp knife to slice through horizontally to make 2 thin steaks.



Prep the tomato & sauce

Thinly slice the **tomato**. In a small bowl, combine the **sweet chilli sauce** with a drizzle of **white wine vinegar**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season both sides of the **chicken** with **salt** and **pepper**. Cook the **chicken** until cooked through, **3-4 minutes** each side. Add the **sweet chilli sauce** and turn to coat, **1 minute**.

TIP: Chicken is cooked through when it's no longer pink inside.



Heat the burger buns

Place the **bake-at-home burger buns** on an oven wire rack and bake until warmed through, **3 minutes**.



Serve up

Slice the burger buns in half and spread the bases with the **garlic aioli**. Top with a handful of the **mixed salad leaves**, the tomato slices and sweet chilli chicken. Serve with the fries.

Enjoy!

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