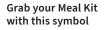


Tex-Mex Crumbed Chicken Burger

with Fries & Garlic Aioli









Potato







Tex-Mex Spice Blend







Chicken Breast









Leaves

Garlic Aioli

Keep an eye out...

Due to recent sourcing challenges, we've replaced tomato with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Egg







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	3	6	
cucumber	1 (medium)	1 (large)	
Tex-Mex spice blend	1 sachet	1 sachet	
salt*	1/4 tsp	½ tsp	
egg*	1	2	
panko breadcrumbs	1 packet	1 packet	
chicken breast	1 packet	1 packet	
butter burger buns	2	4	
garlic aioli	1 packet (50g)	1 packet (100g)	
mixed salad leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3814kJ (912Cal)	601kJ (144Cal)
Protein (g)	51.5g	8.1g
Fat, total (g)	35.7g	5.6g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	93.7g	14.8g
- sugars (g)	10.6g	1.7g
Sodium (mg)	1408mg	222mg

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 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 240°C/220°C fan-forced. Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

While the fries are baking, thinly slice the **cucumber**. In a shallow bowl, combine the **Tex-Mex spice blend** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**.



Crumb the chicken

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until it is an even thickness, about 1cm thick, then slice each **chicken breast** in half widthways (so it fits the burger bun). Coat the **chicken** in the **spice mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **crumbed chicken**, in batches, until golden, **2-4 minutes** each side. Transfer to a plate lined with paper towel.

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



Heat the buns

Bake the **butter burger buns** directly on the wire oven rack until heated through, **3 minutes**.



Serve up

Slice the burger buns in half, then spread the bases with **garlic aioli**. Top with the Tex-Mex crumbed chicken, cucumber and **mixed salad leaves**. Serve with the fries.

Enjoy!