

# Tex-Mex Crumbed Chicken Burger

with Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Cucumber



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Breast



Butter Burger Buns




Garlic Aioli



Mixed Salad Leaves

**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!

 Hands-on: **35-45 mins**  
 Ready in: **40-50 mins**

 Eat Me Early

You've been dreaming of a Tex-Mex flavoured crumbed chicken burger? Well how about that – so have we! And we promise you, with a crispy panko coating, creamy aioli and oven-baked fries, it tastes even better in real life than we had imagined.

**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*	¼ 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](https://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!