



# Crumbed Chicken Burger

with Sriracha Mayo & Ginger Carrot Slaw

N° 9

**FAMILY** Hands on Time: 25 Minutes • Total Time: 30 Minutes • Little Heat • 1 of your 5 a day



Potato



Chicken Thigh



Mayonnaise



Panko Breadcrumbs



Carrot



Spring Onion



Sriracha



Honey



Ginger Puree



Burger Bun

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Two Baking Trays, Vegetable Peeler, Mixing Bowl and Large Frying Pan.

### Ingredients

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Chicken Thigh	4	6	8
Mayonnaise <b>8)</b> <b>9)</b>	2 sachets	3 sachets	4 sachets
Panko Breadcrumbs <b>13)</b>	25g	50g	50g
Carrot	2	3	4
Spring Onion	1	2	2
Sriracha	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Ginger Puree	1 sachet	1½ sachets	2 sachets
Burger Bun <b>8)</b> <b>11)</b> <b>13)</b>	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>668g</b>	<b>100g</b>
Energy (kJ/kcal)	4236/1013	635/152
Fat (g)	37	6
Sat. Fat (g)	6	1
Carbohydrate (g)	109	16
Sugars (g)	21	3
Protein (g)	62	9
Salt (g)	1.44	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**8)** Egg **9)** Mustard **11)** Soya **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## 4. Cook the Chicken

Heat a glug of **oil** in a large frying pan on a medium-high heat. When hot, add the **chicken** and fry on both sides until golden and crunchy 3-4 mins per side - be careful when you turn the **chicken** not to knock the crumbs off. Once golden, remove the pan from the heat and lay the **chicken thighs** on a baking tray, pop them in the oven and bake for 10-12 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 2. Crumb the Chicken

In a bowl coat the **chicken thighs** with **half** the **mayonnaise**, stir to combine. Pop the **panko breadcrumbs** on a plate and season with **salt** and **pepper**. Place the **chicken** in the **breadcrumbs** one at a time and coat on both sides with the **crumbs** - press the **chicken** down on the crumbs to ensure you get an even coating. Set aside. **IMPORTANT:** Wash your hands after handling raw chicken.



## 5. Dress your Slaw

Add the **honey**, **ginger puree** and a drizzle of **oil** to the **carrot** and **spring onion**. Use your hands to ensure that it is evenly coated. Season to taste with **salt**.



## 3. Prep

Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the core. Trim the **spring onion** then slice thinly. Put the **carrot** and **spring onion** in a bowl and set aside. In another small bowl stir the remaining **mayonnaise** and **sriracha** together.



## 6. Time to Serve

Halve the **burger buns** and warm them in the oven for 2 mins. Spoon the **sriracha mayonnaise** (be careful it's spicy!) onto the base of each **bun** and top with 2 **chicken thighs** per person. Pop the **bun lid** on, share the **slaw** between your plates and serve with the **wedges** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.