



# Peri Peri Chicken Burger

with Charred Sweetcorn Salad and Spicy Chips

Street Food 45 Minutes • Medium Spice • 1 of your 5 a day

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Potatoes



Lime



Flat Leaf Parsley



Spring Onion



Garlic Clove



Baby Plum Tomatoes



Mature Cheddar Cheese



Sweetcorn



Smoked Paprika



Peri Peri Seasoning



Chicken Breast



Mayonnaise



Seeded Burger Bun



Rocket

## Before you start

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

## Cooking tools, you will need:

Zester, Garlic Press, Grater, Sieve, Baking Tray, Clingfilm, Frying Pan, Bowl.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Lime**	½	½	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	1	2
Garlic Clove	1	1	1
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese 7)**	45g	60g	90g
Sweetcorn**	150g	245g	326g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Chicken Breast**	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Seeded Burger Bun 8) 11) 13)	2	3	4
Rocket**	20g	40g	40g
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	652g	100g
Energy (kJ/kcal)	3123/747	479/115
Fat (g)	23	4
Sat. Fat (g)	8	1
Carbohydrate (g)	76	12
Sugars (g)	12	2
Protein (g)	55	8
Salt (g)	1.74	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide **chips** (no need to peel). Zest and halve the **lime**. Roughly chop the **parsley** (stalks and all). Trim and thinly slice the **spring onion**. Peel and grate the **garlic** (or use a garlic press). Quarter the **baby plum tomatoes**. Grate the **cheese**. Drain the **sweetcorn** in a sieve.



## Corn Time

Heat a large frying pan on medium-high heat (no **oil**). Once the pan is hot, add the **sweetcorn** and cook until charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour. Meanwhile, add the **tomatoes**, **spring onion**, **parsley**, **olive oil** (see ingredients for amount) and a squeeze of **lime juice** to a bowl. Once the **corn** is charred, add it to the bowl of **tomatoes** and season to taste with **salt** and **pepper**. Mix well, taste again and add more **salt**, **pepper** or **lime juice** if needed.



## Cook the Chips

Pop the **chips** onto a large, low-sided, wide baking tray. Drizzle with **oil**, sprinkle over the **paprika** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer. Once your oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through. **TIP: Use two baking trays if necessary, you want the chips nicely spread out.**



## Cook the Chicken

Put the (now empty) frying pan on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, lay in the **chicken breasts**, turn the heat down to medium and fry until golden brown and cooked through, 7-8 mins each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Once cooked, remove the pan from the heat. Carefully place the **cheese** on top of the **chicken**. Cover with a lid (or wrap loosely in foil) then set aside, off the heat, for 3-4 mins for the **cheese** to melt. Meanwhile, in a small bowl, mix the **mayonnaise**, **garlic** (add less if you don't like raw garlic) and **lime zest** together.



## Prep the Chicken

Meanwhile, pop the **peri peri seasoning** onto a large plate and season with **salt** and **pepper**. Sandwich each **chicken breast** between two pieces of baking paper or clingfilm, pop on a board, then give it a gentle bash with the bottom of a saucepan until it's an even thickness of 2-3 cm. Lay one of the **chicken breasts** in the **spice**, then turn to coat both sides evenly. Continue with the other **breast(s)**. Once fully coated in the **spice**, leave the **chicken breast(s)** to one side for the moment. **IMPORTANT: Wash your hands after handling raw chicken and its packaging.**



## Finish and Serve

Cut the **burger buns** in **half** and pop them on the middle shelf of your oven. Warm for 2-3 mins. Remove from the oven, spread the **garlic-lime mayo** over the bottom half of the **buns** and place a **chicken** piece on top. Divide **half** of the **rocket** between the **burgers**, then place the top half of the **bun** on top. Mix the remaining **rocket** into the charred **sweetcorn salad**. Serve the **burgers** with the **chips** and **salad** on the side.

## 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.