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## Southern Chicken Burger with Golden Fries

Oooh, it looks like it's treat yo' self night! Well, with crispy southern chicken on a burger topped with a rich dill and parsley mayonnaise, you'll be feeling very spoiled indeed.

 **Prep:** 15 mins  
 **Cook:** 35 mins  
 **Total:** 50 mins

 level 1

 eat me early

### Pantry Items



Olive Oil



Plain Flour



Baking Powder



Butter



Potatoes



Free Range  
Chicken Breast



Sweet Paprika



Bake-At-Home  
Wholemeal  
Burger Buns



Mixed Salad  
Leaves



Cucumber



Dill & Parsley  
Mayonnaise

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QTY	Ingredients
600 g	potatoes, unpeeled & cut into 1 cm fries
1 tbs	olive oil *
2 fillets	free range chicken breast, sliced in half horizontally through the side
¼ cup	plain flour *
½ tsp	baking powder * (optional)
¾ sachet	sweet paprika
5	bake-at-home wholemeal burger buns
2 tsp	butter
⅓ bag	mixed salad leaves
1	cucumber, peeled into ribbons
1 tub	dill & parsley mayonnaise

⊕ Ingredient features in another recipe

\* Pantry Items

🍃 Pre-preparation

#### Nutrition per serve

Energy	2230	Kj
Protein	26.8	g
Fat, total	25.7	g
-saturated	3.6	g
Carbohydrate	49	g
-sugars	3.5	g
Sodium	594	mg



**You will need:** *chef's knife, chopping board, sieve, two oven trays lined with baking paper, baking paper, meat mallet or rolling pin, plastic bag and pastry brush.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

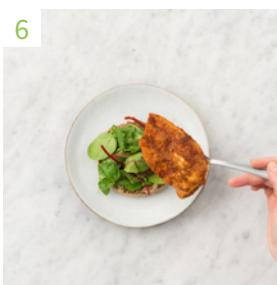
**2** Place the **potato** fries on a prepared oven tray. Drizzle with the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **30 minutes**, or until golden and cooked through.

**3** Meanwhile, place the **chicken breast** between two sheets of baking paper. Using a meat mallet or rolling pin bash until 1 cm thick.

**4** Place the **plain flour**, **baking powder**, **sweet paprika** and a generous seasoning of salt and pepper in a plastic bag and shake to coat the chicken breast. Place on the second prepared oven tray and spray or brush the chicken lightly with some olive oil. Place the chicken in the oven for **20-25 minutes**, or until the chicken is cooked through.

**5** In the last **7-8 minutes** of the chicken cooking time place the **bake-at-home wholemeal burger buns** in the oven to heat through.

**6** To assemble the burger, spread the heated burger bun with **butter**. Top with the **mixed salad leaves**, chicken breast, **cucumber ribbons** and **dill & parsley mayonnaise**. Serve with any leftover mixed salad. Enjoy!



**Did you know?** Dill is rich source of vitamins C, B9 and B2 and minerals such as manganese, iron and calcium.