



SWEET CHILI CHICKEN BURGERS

with Lime-Garlic Aioli and Pickled Cucumber

MAKE FIRST

SPICY

FAMILY



HELLO

SWEET CHILI SAUCE

The perfect balance of sweet, salty and spicy

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 525



Chicken Thighs



Burger Bun



Mini Cucumber



Garlic



Lime



Sweet Chili Sauce



Honey



Cilantro



Mayonnaise



Spring Mix

BUST OUT

- 2 Large Bowls
- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- Paper Towel
- Peeler
- Small Bowl
- Garlic Press
- Zester
- Medium Bowl
- Sugar (2 1/2 tsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Thighs 680 g
- Burger Bun 1,2,3 4
- Mini Cucumber 66 g
- Garlic 10 g
- Lime 2
- Sweet Chili Sauce 🍷 3 tbsp
- Honey 1 1/2 tbsp
- Cilantro 20 g
- Mayonnaise 3,9 4 tbsp
- Spring Mix 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat broiler to **high** (to toast buns). Skip this step if you don't want to toast your buns! For quicker prep, in Step 1, rather than peeling the cucumbers into ribbons, cut them in half, lengthwise, then into 1/4-inch thick half moons.



1 PREP

Wash and dry all produce.* Using a veggie peeler, peel the **cucumbers** into ribbons. Zest, then juice the **lime**. Mince or grate the **garlic**. Pick the **cilantro leaves** off the sprigs. In a medium bowl, combine **half the lime juice**, **1/2 tsp sugar** and **cucumber ribbons**. Season with **salt** and set aside.



4 FINISH CHICKEN

Add the **reserved marinade** and **1/4 cup water** to the **chicken**. Stir, scraping up any brown bits from the bottom of the pan. Boil, until a thick **sauce** coats the **chicken**, 1-2 min.



2 MARINATE CHICKEN

In a large bowl, whisk together the **remaining lime juice**, **2 tsp sugar** and **2 tbsp oil**. Season with **salt** and **pepper**. Set aside. Pat the **chicken** dry with paper towels, then season with **salt** and **pepper**. In another large bowl, coat the **chicken** all over with the **sweet chili sauce** and **honey**. Season with **salt**.



5 TOAST BUNS

Meanwhile, cut the **buns** in half, then arrange them on a baking sheet, cut-side up. Toast in the centre of the oven until golden-brown, 1-2 min. (**TIP:** Keep your eye on them so they don't burn!) In a small bowl, combine the **mayo**, **lime zest** and **garlic**. Set aside.



3 COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **chicken**. (Keep the **marinade** in the bowl — we'll use it later to make a glaze!) Sear, until the **chicken** is cooked through, 3-4 min per side. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE

Add the **spring mix** to the large bowl with **dressing**. Toss together. Spread the **lime-garlic aioli** on each bun, then top with **chicken** and **cucumber**. Sprinkle with **cilantro leaves**. Divide **burgers** and **salad** between plates.

TASTY

Sticky, sweet, crunchy and savoury in every bite!