



Szechuan Glazed Chicken Burger with Sesame Wedges and Lime Mayo Salad

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

5



Potatoes



Roasted White Sesame Seeds



Chicken Thigh



Lime



Carrot



Baby Gem Lettuce



Glazed Burger Bun



Mayonnaise



Szechuan Paste

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, frying pan, zester, vegetable peeler and bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Chicken Thigh**	3	4	6
Lime**	½	1	1
Carrot**	1	2	2
Baby Gem Lettuce**	1	2	2
Glazed Burger Bun 13)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Szechuan Paste 11)	50g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	595g	100g
Energy (kJ/kcal)	3125 /747	526 /126
Fat (g)	30.4	5.1
Sat. Fat (g)	6.4	1.1
Carbohydrate (g)	82.8	13.9
Sugars (g)	14.1	2.4
Protein (g)	38.8	6.5
Salt (g)	2.48	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Make the Sesame Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Lime Mayo Dressing

Squeeze the **lime juice** into a large bowl and add **three quarters** of the **mayo**. Season with **salt** and **pepper**, mix together, then set aside.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.



Finishing Touches

When the **wedges** are almost ready, pop the **burger buns** onto a baking tray and into the oven to warm through, 2-3 mins.

Once the **chicken** is cooked, reduce the heat to low and add the **lime zest** and **Szechuan paste** (add less if you don't like heat) to the pan, stirring to combine.

Remove from the heat, then turn the **chicken thighs** in the **paste** to coat them evenly.



Finish the Prep

While the **chicken** cooks, zest and halve the **lime**.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Trim the **baby gem** and reserve 1 leaf per person. Thinly slice the remaining **lettuce** widthways.

Halve the **burger buns**.



Assemble and Serve

When everything is ready, spread the remaining **mayo** on each **bun base**, then divide the reserved **lettuce leaves** and **chicken thighs** between them and top with the **bun lids**.

Add the **carrot ribbons** and **sliced lettuce** to your bowl of **lime mayo dressing** and toss to coat.

Serve your **Szechuan burgers** with the **chips** and **salad** alongside.

Enjoy!