



The Southern Style

Crispy Fried Chicken Burger, Chips and Avocado & Corn Salsa

Craft Burger

40-45 Minutes • Mild Spice • 1 of your 5 a day

33



Potatoes



Sweetcorn



Avocado



Red Wine Vinegar



Chicken Breasts



Cajun Spice Mix



Breadcrumbs



Mature Cheddar Cheese



Burger Buns



Wild Rocket



Burger Sauce

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Egg

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, sieve, bowl, baking paper, whisk, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sweetcorn	160g	160g	340g
Avocado	1	2	2
Red Wine Vinegar 14)	12g	24g	24g
Chicken Breasts**	2	3	4
Cajun Spice Mix	2 sachets	2 sachets	4 sachets
Breadcrumbs 13)	50g	75g	100g
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Buns 13)	2	3	4
Wild Rocket**	20g	40g	40g
Burger Sauce 8) 9)	45g	75g	90g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4483 / 1072	634 / 152
Fat (g)	42.8	6.1
Sat. Fat (g)	10.0	1.4
Carbohydrate (g)	110.5	15.6
Sugars (g)	13.7	1.9
Protein (g)	63.9	9.0
Salt (g)	3.58	0.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten
14) Sulphites

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Chip, Chip, Hooray

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

Cut the **potatoes** lengthways into 1cm chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast the **chips** on the middle shelf until golden, 25-30 mins. Turn halfway through.



4 Oh Crumbs

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Discard any excess egg.

Pop a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.



2 Time to Salsa

Meanwhile, drain the **sweetcorn** in a sieve. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.

In a large bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well.

Add the **sweetcorn** and **avocado** to the **dressing** and mix together. Set aside.



5 Time to Shallow Fry

Once the **oil** is hot, carefully lay in the **chicken**.

Reduce the heat to medium-high and fry until golden-brown and cooked through, 14-16 mins total. Turn every 2-3 mins and adjust the heat if necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, grate the **cheese**. Halve the **burger buns** and pop them onto a baking tray.

Just before serving, top the **bun bases** with **cheese** and slide them into the oven until melted, 2-3 mins.



3 Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then bash with the bottom of a saucepan until it's 2-3 cm thick.

Sprinkle the **Cajun spice mix** over both sides of the **chicken** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Crack the **egg** (see pantry for amount) into a bowl and whisk. Put the **breadcrumbs** into another bowl and season with the **salt** for the **breadcrumbs** (see pantry for amount) and **pepper**.



6 Assemble and Serve

When ready, transfer the **buns** to your plates.

Top the **cheesy bases** with a piece of **fried chicken** and a handful of **rocket**. Spread the **burger sauce** over the **bun lids** and sandwich together.

Plate up your **craft burgers** with the **avocado and corn salsa** and **chips** alongside.

Enjoy!