



Mexican Style Cheesy Chicken Burger

with Guacamole and Wedges

FAMILY Hands on Time: 20 Minutes • Total Time: 35 Minutes • Medium Heat • 2 of your 5 a day



Potato



Lime



Baby Plum Tomatoes



Avocado



Burger Bun



Cheddar Cheese



Chipotle Paste



Mayonnaise



Flour



Mexican Spice



Chicken Thighs

Before you start

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

Basic cooking tools, you will need:

Large Baking Tray, Coarse Grater, Frying Pan and Mixing Bowl.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Lime**	1	1	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Avocado**	1	2	2
Burger Bun 8) 11) 13)	2	3	4
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Chipotle Paste	½ sachet	1 sachet	1 sachet
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Flour 13)	8g	16g	16g
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Chicken Thighs**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	651g	100g
Energy (kJ/kcal)	3843 /919	590 /141
Fat (g)	47	7
Sat. Fat (g)	12	2
Carbohydrate (g)	95	15
Sugars (g)	10	2
Protein (g)	36	6
Salt (g)	1.24	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Wedge Time

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.

TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.



4. Time for Chicken!

Heat a glug of **oil** in a frying pan on medium high heat. While the **oil** heats up, put the **flour** into a bowl and add the **lime zest** and **Mexican spice**. Season with **salt** and **pepper** and mix together. Add the **chicken thighs** to the bowl and coat both sides in the **spiced flour**. Once the **oil** is hot, lay the **chicken thighs** flat and fry until golden, 6-7 mins each side.

IMPORTANT: The chicken is cooked when it's no longer pink in the middle.



2. Finish the Prep

Zest and halve the **lime**. Halve the **tomatoes** and pop into a bowl. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop **half** the **avocado** into 2cm chunks and pop into the bowl with the **tomatoes**. Add **half** the **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



5. Add the Cheese

Once the **chicken thighs** are cooked, turn the heat off and top them with the **grated cheese**. Cover the pan with a lid or some tin foil and leave the **cheese** to melt, 3-4 mins. Meanwhile, halve the **burger buns** and pop them into the oven to warm for 2-3 mins.



3. Make the Guac

Roughly chop the remaining **avo** and put in another bowl, add the remaining **lime juice**. Season with **salt** and **pepper**, then roughly mash (this is for your burger later). Halve the **burger buns**, grate the **Cheddar cheese**. Put the **chipotle paste** and **mayo** into a bowl and mix together.



6. Assemble and Serve

Spread the **chipotle mayo** on the bottom half of the **buns** and the **guac** on the top half. Pop the **chicken** in the middle and serve with the **wedges** and **tomato avo 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.