



Frank's RedHot Kicking Chicken Burger with Spicy Wedges and Salad

Limited Edition 40 Minutes • Medium Spice • 1 of your 5 a day

10



Potatoes



Central American
Style Spice Mix



Baby Gem Lettuce



Medium Tomato



Carrot



Cider Vinegar



Panko Breadcrumbs



Cornflour



Chicken Thighs



Glazed Burger Bun



Mayonnaise



Frank's RedHot
Original Sauce

Before you start

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

Cooking tools, you will need:

Baking Tray, Vegetable Peeler, Bowl, Measuring Jug, Frying Pan, Wooden Spoon, Plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Medium Tomato	1	2	2
Carrot**	1	1	2
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs 13)	50g	75g	100g
Cornflour	50g	70g	100g
Water*	50ml	75ml	100ml
Chicken Thighs**	3	5	6
Glazed Burger Bun 13)	2	3	4
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Frank's RedHot Original Sauce	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	671g	100g
Energy (kJ/kcal)	3929/939	586/140
Fat (g)	33	5
Sat. Fat (g)	7	1
Carbohydrate (g)	120	18
Sugars (g)	13	2
Protein (g)	41	6
Salt (g)	2.61	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Gluten 14) Sulphites


Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

HelloFresh UK
Packed in the UK
The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Chips

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 2cm slices, then chop into **2cm wide chips** (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **Central American style spice mix**, season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast on the top shelf until golden, 25-30 mins. Turn halfway through. **TIP: Use two baking trays if necessary - you want the chips nicely spread out.**



Fry Time

Pop a high-sided 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.** Once hot, carefully lay the **chicken** into the pan and fry until golden-brown and cooked through, 12-14 mins total. Turn every 2-3 mins. Once cooked, transfer the **chicken pieces** to a plate lined with kitchen paper. **IMPORTANT: Wash your hands after handling chicken and its packaging. The chicken is cooked when no longer pink in the middle.**



Get Prepped

Trim the root from the **baby gem lettuce**. Reserve 2 leaves for the **burger**, then thinly slice the rest. Chop the **tomato** into 1cm pieces. Trim and peel the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you get to the **carrot core**. Pour the **cider vinegar**, **sugar** and **olive oil for the dressing** (see ingredients for amount) into a medium bowl. Season with **salt** and **pepper**, add the **tomatoes** and mix together.



Finish Up

When you're almost ready to serve, cut the **burger buns** in half and pop them into the oven to warm through, 2-3 mins. Add the **sliced baby gem** and **carrot ribbons** to the bowl with the **dressing** and **tomatoes**. Toss well to coat the **salad** in the **dressing**.



Prep the Chicken

Pop the **panko breadcrumbs** into a large bowl and season with **salt** and **pepper**. In another large bowl, add the **cornflour**, remaining **Central American style spice mix** and **water** (see ingredients for amount). Season with **salt** and **pepper**, then whisk to combine. Dip the **chicken thighs** into the **cornflour mixture**, then the **breadcrumbs**, ensuring they are completely coated. Then pop the **chicken** onto a plate.



Assemble and Serve

When everything is ready, divide the **buns** between your plates. Share **half** the **mayo** between the **bun bases**, and top with the reserved **whole baby gem leaves**. Lay on the **fried chicken** (you may need to cut some in half in order to share it out equally) and drizzle over the **Frank's RedHot Original Sauce**. Then, sandwich the top **half** of the **bun** on. Serve with the **baby gem salad**, **spicy chips** and remaining **mayo** for dipping alongside.

Enjoy!

In collaboration with

FRANK'S
RedHot

Meet the Heat

Premium blended aged cayenne peppers add a kick of heat and a whole lot of flavour in this delicious hot pepper sauce.