

# Frank's RedHot Kicking Chicken Burger

with Spicy Wedges and Salad

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











Central American Style Spice Mix

Medium Tomato

Potatoes



Baby Gem Lettuce





Carrot



Cider Vinegar



Panko Breadcrumbs





Chicken Thighs



Cornflour

Glazed Burger Bun



Mayonnaise



Frank's RedHot Original Sauce

## Before you start

Our fruit and veggies need a little wash before you

# 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<br>Style Spice Mix | 1 sachet  | 1 sachet  | 2 sachets |
| Baby Gem<br>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<br>Dressing*          | ½ tsp     | ¾ tsp     | 1 tsp     |
| Olive Oil for the<br>Dressing*      | 1 tbsp    | 1½ tbsp   | 2 tbsp    |
| Panko<br>Breadcrumbs <b>13)</b>     | 50g       | 75g       | 100g      |
| Cornflour                           | 50g       | 70g       | 100g      |
| Water*                              | 50ml      | 75ml      | 100ml     |
| Chicken Thighs**                    | 3         | 5         | 6         |
| Glazed Burger<br>Bun <b>13)</b>     | 2         | 3         | 4         |
| Mayonnaise 8) 9)                    | 2 sachets | 3 sachets | 4 sachets |
| Frank's RedHot<br>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**

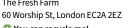
8) Egg 9) Mustard 13) Gluten 14) Sulphites

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.

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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!



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