



# Mexican Style Cheesy Chicken Burger

with Guacamole, Salsa and Wedges

Family Eat Me Early • Total Time: 35 Minutes • Medium Spice • 2 of your 5 a day

7



Potato



Lime



Medium Tomato



Avocado



Burger Bun



Cheddar Cheese



Chipotle Paste



Mayonnaise



Chicken Thigh

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Bowl, Spoon, Grater, Frying Pan, Tongs, Plate.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Lime**	½	1	1
Medium Tomato	1	2	2
Avocado**	1	2	2
Burger Bun <b>8</b> <b>11</b> <b>13</b> )	2	3	4
Cheddar Cheese <b>7</b> **	30g	45g	60g
Chipotle Paste	1 sachet	1 sachet	2 sachets
Mayonnaise <b>8</b> <b>9</b> )	1 sachet	2 sachets	2 sachets
Chicken Thigh**	3	5	6

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>624g</b>	<b>100g</b>
Energy (kJ/kcal)	3882/928	622/149
Fat (g)	47	7
Sat. Fat (g)	13	2
Carbohydrate (g)	89	14
Sugars (g)	8	1
Protein (g)	43	7
Salt (g)	1.36	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

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.

## Contact

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## 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, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer 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.*



## Time for Chicken!

Heat a glug of **oil** in a frying pan on medium-high heat. While the **oil** heats up, season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay in the **chicken thighs** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



## Finish the Prep

Zest and halve the **lime**. Squeeze **half** the **lime juice** and a drizzle of **olive oil** into another medium bowl. Season with **salt** and **pepper**. Chop the **tomatoes** into 2cm pieces 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 **tomato**. Set aside.



## Add the Cheese

Once the **chicken thighs** are cooked, remove the pan from the heat and add the **lime zest** and the remaining **chipotle** to the pan, turn the **chicken thighs** to coat them in the **paste**. 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 1-2 mins.



## Make the Guac

Roughly chop the remaining **avocado** 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 **half** the **chipotle paste** and all the **mayo** into a small bowl and mix together.



## Assemble and Serve

Spread the **chipotle mayo** on the bottom **half** of the **buns** and the **guac** on the top **half**. Pop the **chicken thighs** on a board and carefully chop each of them into 3 or 4 pieces. Share the **chicken** between in the **buns** 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.