



Mexican Style Cheesy Chicken Burger with Guacamole, Salad and Wedges

Classic 35 Minutes • Medium Spice • 2 of your 5 a day

1



Potato



Lime



Baby Plum Tomatoes



Avocado



Burger Bun



Cheddar Cheese



Chipotle Paste



Mayonnaise



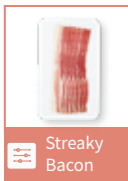
Flour



Mexican Spice



Chicken Thigh



Streaky Bacon



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Baking Tray, Zester, Bowl, Frying Pan, Lid or Tin Foil

Ingredients

| | 2P | 3P | 4P |
|-----------------------|----------------|----------------|----------------|
| Potato** | 450g | 700g | 900g |
| Lime** | ½ | 1 | 1 |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Avocado** | 1 | 2 | 2 |
| Burger Bun 8) 11) 13) | 2 | 3 | 4 |
| Cheddar Cheese 7)** | 30g | 45g | 60g |
| Chipotle Paste | ½ sachet | 1 sachet | 1 sachet |
| Mayonnaise 8) 9) | 1 sachet | 2 sachets | 2 sachets |
| Flour 13) | 8g | 16g | 16g |
| Mexican Spice | 1 small sachet | ¾ large sachet | 1 large sachet |
| Streaky Bacon** | 4 | 6 | 8 |
| Chicken Thigh** | 2 | 3 | 4 |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------------|--------------------|-----------------|
| for uncooked ingredient | 598g | 100g |
| Energy (kJ/kcal) | 3600/860 | 602/144 |
| Fat (g) | 41 | 7 |
| Sat. Fat (g) | 12 | 2 |
| Carbohydrate (g) | 93 | 16 |
| Sugars (g) | 8 | 1 |
| Protein (g) | 35 | 6 |
| Salt (g) | 1.45 | 0.24 |
| Custom Recipe | Per serving | Per 100g |
| for uncooked ingredient | 628g | 100g |
| Energy (kJ/kcal) | 3957/946 | 630/151 |
| Fat (g) | 48 | 8 |
| Sat. Fat (g) | 15 | 2 |
| Carbohydrate (g) | 93 | 15 |
| Sugars (g) | 8 | 1 |
| Protein (g) | 41 | 7 |
| Salt (g) | 2.43 | 0.39 |

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.

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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 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.



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 of the thighs 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.

CUSTOM RECIPE

If you've decided to add **bacon** to you're meal, before you do the step above, heat a drizzle of **oil** in a frying pan on a medium high heat, once hot, lay in the **bacon rashers** and cook them until golden, 2-3 mins each side. Remove to a plate lined with kitchen roll. Continue with the step (using your bacon pan for your chicken - no need to wash).



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 **tomato**. Add **half** the **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



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.



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 the **chipotle paste** and **mayo** into a 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** in the middle and serve with the **wedges** and **tomato avocado salad** on the side.

Enjoy!



CUSTOM RECIPE

If you've opted for **bacon** in you're meal, add it to your **burger** when you add the **chicken**.