



Pulled Chicken Burger

with Wedges and Tangy Slaw

CLASSIC 40 Minutes • Little Heat • 1 of your 5 a day



BBQ Sauce



Cider Vinegar



Red Chilli



Chicken Thigh



Potato



Carrot



Baby Gem Lettuce



Mayonnaise



Burger Bun

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Baking Tray, Peeler and Mixing Bowl.

Ingredients

	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Red Chilli**	½	¾	1
Chicken Thigh**	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Carrot**	1	1	2
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Burger Bun 8) 11) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	644g	100g
Energy (kJ/kcal)	3795 /907	589 /141
Fat (g)	37	6
Sat. Fat (g)	9	1
Carbohydrate (g)	100	16
Sugars (g)	19	3
Protein (g)	47	7
Salt (g)	1.28	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9)** Mustard **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Make the BBQ Stock

Preheat your oven to 200°C. Put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce** and **half the cider vinegar**. Halve the **chilli** lengthways, deseed then finely chop. Add as much **chilli** as you like to your pan and season with **salt** and **pepper**. Bring the **stock** to the boil, giving it a good stir to ensure everything is combined.



4. Prep the Slaw

Trim and peel the **carrot**, then pull a vegetable peeler lengthways along the **carrot** to make long thin ribbons. Add the **carrot** to a mixing bowl. Trim the root from the **baby gem lettuce**. Take off one leaf per person and reserve - these will go in each burger. Halve the remaining **lettuce** lengthways. Thinly slice widthways. Add this to the bowl with the **carrot**.



2. Cook the Chicken

Once the **stock** is boiling, lower the heat to medium, add the **chicken thighs** so they are submerged in the liquid and cover the pan with a lid. **TIP: If the chicken isn't submerged in liquid, top up with water to just cover the meat.** Simmer until the **chicken** is cooked, 15-20 mins, stirring halfway. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Once cooked, remove the pan from the heat and transfer the **chicken** to a plate.



5. Make the Dressing

In a bowl, combine the **mayonnaise** with the remaining **white wine vinegar**, and a pinch of **salt** and **pepper**. Halve the **burger buns**. Heat in your oven 5 mins before the wedges are ready. Once the **chicken** is cooked and out of your pan, boil the remaining liquid vigorously on high heat until reduced to a thick sauce, 3-4 mins. **TIP: Stir frequently to stop it burning! Remove from the heat.**



3. Bake the Wedges

Meanwhile, chop the **potato** into 2cm wide wedges (no need to peel). Pop on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and bake on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking. **TIP: Use 2 baking trays if necessary - you want them spread out.**



6. Burgers, Assemble!

Use two forks to shred the **chicken** as finely as you can. Return the shredded **chicken** to the pan with the reduced **BBQ sauce mixture**. Give it a stir to ensure the **chicken** is well coated in all that flavour! Add the **mayonnaise dressing** to the bowl with the **lettuce** and **carrot** and toss to combine. Fill the **burger buns** with the **pulled chicken**, top with the reserved **lettuce** and serve alongside the **wedges** and **tangy salad**.

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.