



Pulled Chicken Burgers with Wedges and Tangy Salad

Classic 40 Minutes • Medium Spice • 1 of your 5 a day

1



Potato



BBQ Sauce



Cider Vinegar



Red Chilli



Chicken Thigh



Carrot



Baby Gem Lettuce



Mayonnaise



Burger Bun



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

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

Cooking tools, you will need:

Baking Tray, Large Saucepan with Lid, Peeler, Mixing Bowl.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Water for the Sauce*	250ml	300ml	350ml
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	1 ½ sachets	2 sachets
Red Chilli**	½	¾	1
Chicken Thigh**	4	6	8
Carrot**	1	1	2
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	1 sachet	1 ½ sachets	2 sachets
Burger Bun 8) 11) 13)	2	3	4
Bacon**	4 rashers	6 rashers	8 rashers

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	646g	100g
Energy (kJ/kcal)	3583/856	555/133
Fat (g)	31	5
Sat. Fat (g)	8	1
Carbohydrate (g)	101	16
Sugars (g)	19	3
Protein (g)	47	7
Salt (g)	1.41	0.21
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3940/942	583/139
Fat (g)	38	6
Sat. Fat (g)	11	2
Carbohydrate (g)	101	15
Sugars (g)	19	3
Protein (g)	52	8
Salt (g)	2.39	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 11) Soya 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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Bake the Wedges

Preheat your oven to 200°C. Chop the **potato** into 2cm wide **wedges** (no need to peel). Pop onto 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.



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**.



Make the BBQ Stock

Put the **water** (see ingredients for amount) into 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.



Make the Dressing

In a bowl, combine the **mayonnaise** with the remaining **cider 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.



Cook the Chicken

Once the **stock** is boiling, lower the heat to medium, add the **chicken thighs** into the **liquid** and cover the pan with a lid. 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.

CUSTOM RECIPE

If you've added **bacon** to your meal, while the **chicken** is cooking, pop your frying pan back on medium-high heat and add a drizzle of **oil**. Lay in the **bacon rashers** and fry until crispy and brown, 1-2 mins on each side. Remove to a plate lined with kitchen roll. Carry on with the rest of the instruction.



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**. **Dig in!**

CUSTOM RECIPE

If you've added **bacon** to your meal, fill the **burger** with the **pulled chicken**, **bacon** and **reserved lettuce**. Serve the **wedges** and **tangy salad** alongside.