



Pulled Chicken Burgers

with Wedges and Tangy Slaw



HELLO MAYONNAISE

Mayonnaise originated in Spain and was originally called "mahonnaise" and got its present name purely by accident through a printing error in an early 1800s cookbook.



BBQ Sauce



White Wine Vinegar



Red Chilli



Chicken Thigh



Potato



Carrot



Baby Gem Lettuce



Mayonnaise



Burger Bun

MEAL BAG
3

40 mins

Little heat

We've given a street-food favourite, Pulled Pork, a HelloFresh twist, subbing in juicy chicken thighs for a show-stopping filling to take your burger to the next level. Deceptively simple to make, this delicious recipe is a guaranteed crowd pleaser.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), some **Baking Paper**, two **Baking Trays**, a **Peeler** and **Mixing Bowl**. Now, let's get cooking!



1 MAKE THE BBQ STOCK

Preheat your oven to 220°C. Put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce** and **half the white wine vinegar**. Halve the **chilli** lengthways, deseed then finely chop. Add as much **chilli** as you like to your pan along with a pinch of **salt** and **pepper**. Bring the **stock** to the boil, giving it a good stir to ensure everything is combined.



2 COOK THE CHICKEN

Once the **stock** is boiling, lower the heat to medium, add the **chicken thighs** until submerged 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, stirring halfway through cooking, 15-20 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Once cooked, remove the pan from the heat and transfer the **chicken** to a plate.



3 ROAST THE WEDGES

Meanwhile, chop the **potato** into 2cm wide wedges (no need to peel). Pop on a lined baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of the oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



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**.



5 MIX 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** and 5 mins before the **wedges** are ready put them in the oven on another baking tray to warm through. Once the **chicken** is out of the 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.



6 BURGERS, ASSEMBLE!

Use two forks to shred the **chicken** as finely as you can. Return the **pulled chicken** to the pan with the reduced **BBQ stock**. 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 slaw**. **Dig in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	100ml	150ml	200ml
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
White Wine 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	1½	2
Baby Gem Lettuce *	1	1½	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 UNCOOKED INGREDIENT	PER SERVING 643G	PER 100G
Energy (KJ/ kcal)	3816/ 912	594/ 142
Fat (g)	31	5
Sat. Fat (g)	6	1
Carbohydrate (g)	99	15
Sugars (g)	18	3
Protein (g)	61	10
Salt (g)	1.11	0.17

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 and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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