



Sloppy Jose Pulled Chicken and Cheese Burger

with Potato Wedges, Guacamole and Fresh Tomato Salsa

Nº 18

STREET FOOD 35 Minutes • Little Heat • 3 of your 5 a day



Chipotle Paste



Mexican Spice



Potatoes



Chicken Thigh



Yellow Pepper



Red Onion



Baby Plum Tomatoes



Lime



Coriander



Garlic Clove



Avocado



Cheddar Cheese



Burger Bun

Before you start

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

Basic cooking tools you will need:

Measuring Jug, Large Saucepan, Baking Tray, Fine Grater, Frying Pan and Coarse Grater.

Ingredients

	2P	3P	4P
Water for the Sauce*	250ml	375ml	500ml
Chipotle Paste	1 sachet	1½ sachets	2 sachets
Mexican Spice	1 small pot	¾ large pot	1 large pot
Potatoes**	1 small pack	1 large pack	2 small packs
Chicken Thigh**	4	6	8
Yellow Pepper**	1	2	2
Red Onion**	1	1	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lime**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Avocado**	1	2	2
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Burger Bun 8) 11) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1022g	100g
Energy (kJ/kcal)	4655/1113	456/109
Fat (g)	49	5
Sat. Fat (g)	16	2
Carbohydrate (g)	98	10
Sugars (g)	17	2
Protein (g)	72	7
Salt (g)	1.44	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 11) Soya 13) Gluten

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Prep the Wedges

Preheat your oven to 200°C. Put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **chipotle paste** and the **Mexican spice**. Season with **salt** and **pepper**. Bring the **stock** to the boil, giving it a good stir to ensure everything is combined. While the **stock** comes to the boil, chop the **potato** into 2cm wide wedges (no need to peel).



4. Make the Guac

While everything cooks, heat a splash of **oil** in a frying pan on a medium high heat. When hot, add the **sliced onion** and **pepper** and cook until beginning to soften, 3-5 mins. When cooked add the **garlic** and cook for a further minute. Set aside. 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 into a bowl. Add a squeeze of **lime juice**. Season with **salt** and **pepper** and then use a fork to mash.



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.**



5. Shred the Chicken

Once the **chicken** is cooked, remove the pan from the heat and transfer the **chicken** to a plate. Boil the remaining **liquid** vigorously on a high heat until reduced to a thick sauce 5-7 mins. Whilst reducing, use 2 forks to shred your **chicken** as finely as you can. Return the **chicken** to the pan of reduced **chipotle sauce**. Add the **red onion** and **pepper mixture** to the **chicken**. Stir well to combine and cook down further if it is still too thin to coat the **chicken**.



3. Finish the Prep

Meanwhile, pop the **wedges** on a baking tray, drizzle with **oil** and season with a pinch of **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. Whilst everything is cooking, halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **onion**. Halve the **baby plum tomatoes**. Zest the **lime** and cut into wedges. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



6. Finish and Serve

Pop the **tomatoes** in a small bowl along with the **lime zest**, **olive oil** (see ingredients for amount) and **half** the **coriander**. Season with **salt** and **pepper** and mix together. Grate the **cheddar**. Halve the **burger buns** and warm in the oven for 2-3 mins. Place the **buns** on your plates and fill with the **pulled chicken mixture**. Sprinkle over the **cheddar**. Serve the **wedges** and **tomato salad** alongside and finish with a dollop of **guacamole**. Sprinkle over the remaining **coriander**.

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.