



# THAI-STYLE CHICKEN BURGER

with Pickled Cucumber Salad and Sweet Potato Wedges



## HELLO CUCUMBER

Cucumbers have been cultivated for over 4000 years!



Cucumber



Rice Vinegar



Sweet Potato



Thai Seasoning Blend



Chicken Sausage



Baby Gem Lettuce



Brioche Bun



Mayonnaise

MEAL BAG

4

40 mins

2 of your 5 a day

Very hot

The HelloFresh twist in this recipe is our Thai-style blend, which lends a kick to these juicy chicken burgers. It contains flakes of small-but-potent bird's eye chilli alongside gingery galangal, fragrant Thai basil and the citrus notes of lemongrass. Time to get tongue-Thai-ed!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Mixing Bowls**, some **Baking Paper**, two **Baking Trays** and **Frying Pan**. Now, let's get cooking!



### 1 MAKE THE PICKLE

Preheat your oven to 220°C. Trim the **cucumber** and thinly slice widthways into rounds. Put the **rice vinegar** in a mixing bowl. Add the **sugar** and **olive oil** (see ingredients for amounts). Season with **salt** and **pepper**. This is your pickling liquid. Pop the **cucumber** into the bowl and mix to ensure it is well coated. **TIP:** *The thinner you slice the cucumber, the better!*



### 2 SWEET POTATO TIME

Chop the **sweet potato** into 2cm wide wedges (no need to peel). Pop them on a large lined baking tray and drizzle with **oil**. Season with **salt**, **pepper** and **half the Thai seasoning blend**. **TIP:** *Be careful - it's very hot!* Toss to coat evenly, spread out then roast on the top shelf of your oven until soft on the inside and crispy on the outside, about 30 mins. Turn halfway through cooking.



### 3 SHAPE THE BURGERS

Slice open the **chicken sausage** and remove the **meat** (discard the skin). Put the **meat** in another mixing bowl and add the remaining **Thai seasoning blend** (remember - it's hot! Use less if you're not a fan of strong spice). Shape the **mixture** into **burgers** (one each). They should be about 1cm thick because they will plump up as they cook.

**IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



### 4 COOK THE BURGERS

When there is 15 mins left of the **sweet potato** cooking time, put a drizzle of **oil** in a frying pan on medium-high heat. When hot, carefully lay the **chicken burgers** in the pan and cook until browned on the outside and cooked through, 5-6 mins each side. **IMPORTANT:** *The chicken burger is cooked when it is no longer pink in the middle.*



### 5 WARM THE BUNS

Meanwhile, trim the **baby gem lettuce**, halve lengthways then thinly slice widthways. Slice the **brioche buns** in half (as if you're making a sandwich) and pop them on another baking tray on the bottom shelf of your oven to warm for the last 4-5 mins of the **sweet potato** cooking time. Once nicely warmed, remove from your oven.



### 6 FINISH AND SERVE

Top the bottom half of each brioche bun with a **chicken burger**. Add some **mayonnaise**, a few slices of **pickled cucumber** and a handful of **lettuce**. Finish with the top half of the bun. Add the rest of the **lettuce** to the bowl with the **cucumber pickle** and toss together. Serve the **burgers** with some **salad** and **sweet potato wedges** on the side. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Cucumber	½	1	1
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil*	1 tbsp	2 tbsp	3 tbsp
Sweet Potato	1	2	2
Thai Seasoning Blend 3)	½ pot	¾ pot	1 pot
Chicken Sausage 7) 14)	4	6	8
Baby Gem Lettuce	1	2	2
Brioche Bun 7) 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 674G	PER 100G
Energy (kcal)	850	126
(kJ)	3544	527
Fat (g)	36	5
Sat. Fat (g)	8	1
Carbohydrate (g)	100	15
Sugars (g)	22	3
Protein (g)	35	5
Salt (g)	1.78	0.26

Nutrition for uncooked ingredients based on 2 people recipe.

### ALLERGENS

3) Sesame 7) Milk 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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