



THAI-STYLE CHICKEN BURGER

with Pickled Cucumber Salad and Sweet Potato Wedges





HELLO CUCUMBER

Cucumbers have been cultivated for over 4000 years!









Sweet Potato





Thai Seasoning Blend



Chicken Sausage





Brioche Bun



Mayonnaise







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 =

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!



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



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.



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.



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!

UNCOOKED INGREDIENT 674G 100G Energy (kcal) 850 126 3544 527 (kJ) 36 5 Fat (g) 8 Sat. Fat (g) 1

INGREDIENTS

1/2

1 sachet

1 tsp

1 tbsp

1

½ pot

sachet

2 sachets

2 tsp

3 tbsp

2

1 pot

8

2

2

sachets

PER

sachets 11/2 tsp

2 tbsp

2

3/4 pot

6

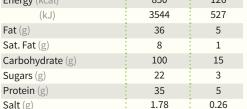
2

3

11/2

sachets:

PER SERVING



Nutrition for uncooked ingredients based on 2 person recipe.



Cucumber

Rice Vinegar

Sugar*

Olive Oil*

Sweet Potato

Thai Seasoning Blend 3)

Chicken Sausage 7) 14)

Baby Gem Lettuce

Mayonnaise 8) 9)

NUTRITION PER

*Not Included

Brioche Bun 7) 8) 11)

3) Sesame 7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten 14)

🔝 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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Packed in the UK

cucumber, the better!



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.



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.