



Szechuan Glazed Chicken Burger with Sesame Wedges and Lime Mayo Salad

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day

5



Potatoes



Roasted White Sesame Seeds



Chicken Thigh



Lime



Carrot



Baby Gem Lettuce



Burger Bun



Mayonnaise



Szechuan Paste



Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, frying pan, fine grater, peeler and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3	5g	7g	10g
Chicken Thigh**	3	4	6
Lime**	½	1	1
Carrot**	1	2	2
Baby Gem Lettuce**	1	2	2
Burger Bun 13	2	3	4
Mayonnaise 8 9	64g	96g	128g
Szechuan Paste 11	¾ sachet	1 sachet	1 sachet
Chicken Breast**	260g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	589g	100g	599g	100g
Energy (kJ/kcal)	3234 / 773	549 / 131	2767 / 661	462 / 110
Fat (g)	32.4	5.5	16.3	2.7
Sat. Fat (g)	7.0	1.2	2.3	0.4
Carbohydrate (g)	84.7	14.4	83.5	13.9
Sugars (g)	11.5	2.0	11.7	1.9
Protein (g)	43.8	7.4	51.2	8.5
Salt (g)	1.57	0.27	1.59	0.27

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **8**) Egg **9**) Mustard **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!
Share your creations with #HelloFreshSnaps
Head to hellofresh.co.uk or use our app to rate this recipe

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

You can recycle me!



Make the Sesame Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.
Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **sesame seeds**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

CUSTOM RECIPE

If you've chosen to get **chicken breast** instead of **thigh**, while the **wedges** cook, sandwich each **breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick.



Mix the Lime Mayo

Squeeze the **lime juice** into a large bowl and add **three quarters** of the **mayo**. Season with **salt** and **pepper**, mix together, then set aside.

When the **wedges** are almost ready, pop the **burger buns** onto another baking tray and into the oven to warm through, 2-3 mins.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

Fry the **chicken breasts** for 7-8 mins on each side instead. Once cooked, Once cooked, continue as instructed in step 5.



Finishing Touches

Once the **chicken** is cooked, reduce the heat to low and add the **lime zest** and **Szechuan paste** (see ingredients for amount, add less if you'd prefer things milder) to the pan, stirring to combine.

Remove from the heat, then turn the **chicken thighs** in the **paste** to coat them evenly.

Add the **carrot ribbons** and **sliced lettuce** to the bowl of **zesty mayo dressing** and toss to coat.



Finish the Prep

While the **chicken** cooks, zest and halve the **lime** (see ingredients for amount).

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Trim the **baby gem** and reserve 1 leaf per person. Halve the remaining leaves lengthways, then thinly slice.

Halve the **burger buns**.



Assemble and Serve

When everything's ready, spread the remaining **lime mayo** over the **bun bases**.

Top the **bases** with the **reserved lettuce leaves**, **chicken thighs** and **bun lids**.

Serve your **Szechuan burgers** with the **wedges** and **salad** alongside.

Enjoy!