



# Ireland's Crispy Chicken Burger

with Spice Bag Chips and Sriracha Mayo

Six Nations 45-50 Minutes • Medium Spice • 1 of your 5 a day

5



Potatoes



Garlic Clove



Bell Pepper



Breadcrumbs



Sriracha Sauce



Chinese Five Spice



Onion



Chicken Breasts



Sliced Burger Buns



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Egg, Sugar, Mayonnaise

## 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, garlic press, baking paper, rolling pin, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Onion**	1	1	2
Bell Pepper***	1	2	2
Chicken Breasts**	2	3	4
Breadcrumbs <b>13)</b>	50g	75g	100g
Sliced Burger Buns <b>13)</b>	2	3	4
Sriracha Sauce	15g	22g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Sugar*	2 tsp	3 tsp	4 tsp
Mayonnaise*	3 tbsp	5tbsp	6 tbsp

\*Not Included \*\*Store in the Fridge\*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	699g	100g
Energy (kJ/kcal)	3936 /941	563 /135
Fat (g)	26.7	3.8
Sat. Fat (g)	4.0	0.6
Carbohydrate (g)	120.7	17.3
Sugars (g)	22.3	3.2
Protein (g)	57.0	8.1
Salt (g)	2.90	0.41

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

## Allergens

**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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## 1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle over the **Chinese Five Spice**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## 4 Get Frying

Pop a large frying pan on high heat and add enough **oil** to coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.

Once hot, carefully lay the **chicken** into the pan and fry until golden brown, 2-3 mins on each side. Adjust the heat if necessary.

Transfer the **chicken** to a baking tray and bake on the middle shelf of your oven until cooked through, 8-10 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Discard the **oil** and wipe out the pan.

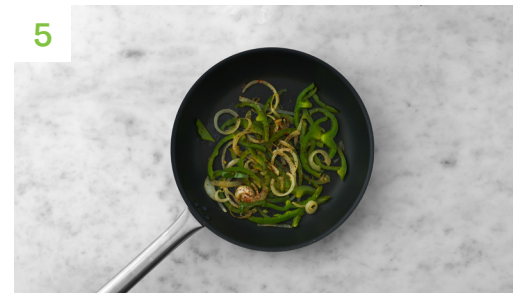


## 2 Prep Time

In the meantime, peel and grate the **garlic** (or use a garlic press).

Halve, peel and thinly slice the **onion**.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



## 5 Fry the Veg

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat.

Once hot, add the **sliced pepper** and **onion** and fry until just soft, 5-6 mins.

Meanwhile, pop the **burger buns** into the oven to warm through, 2-3 mins.

In a small bowl, mix together the **mayo** (see pantry for amount) and **sriracha**. **TIP:** Leave some mayo plain for those who'd like it.

Add the **garlic** and **chilli flakes** (add less if you'd prefer things milder) to the pan and stir-fry, 30 secs more. Remove from the heat.



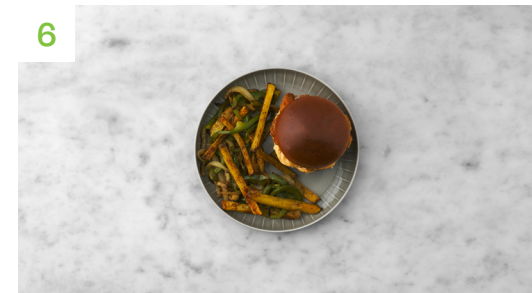
## 3 Crumb the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with a rolling pin or the bottom of a saucepan until it's 1-2cm thick.

Crack the **egg** (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl and season with the **salt** (see pantry for amount) and **pepper**.

Season the **chicken**, then dip it into the **egg** and then the **breadcrumbs**, ensuring it's completely coated.

Transfer to a clean plate. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging and discard any excess egg.



## 6 Serve Up

Once your **chips** are ready, add them to the pan of **veg** along with the **sugar** (see pantry for amount). Toss everything together.

Spread the **sriracha mayo** over the **bun bases**. Top with the **chicken**, then sandwich shut with the **bun lids**.

Serve with your **spice bag chips** alongside.

## Enjoy!