HELLO FRESH

Cheesy Chicken Breast BBQ Burger
with Wedges and Tangy Baby Gem Salad

Customised   30-35 Minutes

Potatoes

British Chicken Breasts

Mature Cheddar Cheese

Burger Buns

Baby Gem Lettuce

Burger Sauce

BBQ Sauce

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items
Oil, Salt, Pepper, Mayonnaise

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Buns 13)	2	3	4
Baby Gem Lettuce**	1	2	2
Burger Sauce 8) 9)	45g	75g	90g
BBQ Sauce	32g	48g	64g

Pantry	2P	3P	4P
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	3183 /761	577 /138
Fat (g)	24.6	4.5
Sat. Fat (g)	5.7	1.0
Carbohydrate (g)	82.3	14.9
Sugars (g)	10.2	1.8
Protein (g)	53.7	9.7
Salt (g)	1.73	0.31

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

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten

1

Get the Wedges In

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. 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.

2

Bash the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give them a bash with the bottom of a saucepan until they're 2-3cm thick. IMPORTANT: *Wash your hands and equipment after handling raw chicken and its packaging.*

3

Fry your Chicken

When the **wedges** are halfway through cooking, heat a drizzle of **oil** in large frying pan on medium-high heat.

Once hot, lay in the **chicken** and season with **salt** and **pepper**. Turn the heat down to medium and cook until golden brown, 7-8 mins each side. IMPORTANT: *The chicken is cooked when no longer pink in the middle.*

4

Finishing Touches

Meanwhile, grate the **Cheddar cheese**. Halve the **burger buns**.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

When the **chicken** is cooked, remove the pan from the heat. Carefully place the **cheese** on top and cover with a lid (or foil), then set aside, off the heat. Allow the **cheese** to melt, 3-4 mins.

5

Dress to Impress

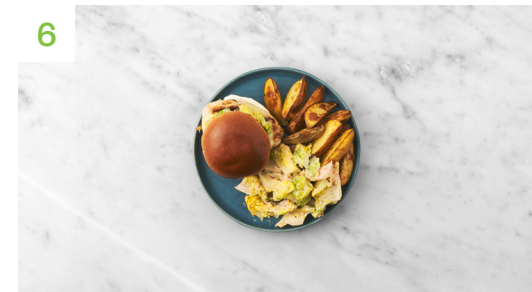Meanwhile, transfer the **buns** to a medium baking tray and pop into the oven until warmed through, 2-3 mins.

In the meantime, in a medium bowl, add the **burger sauce** and **baby gem**. Toss together until well coated.

6

Assemble and Serve

When everything's ready, spread the **mayo** (see pantry for amount) over the **bun bases** and **BBQ sauce** over the **lids**.

Top the **bases** with the **cheesy chicken burgers** and some **dressed baby gem**, then sandwich shut with the **bun lids**.

Serve your **burgers** with the **wedges** and remaining **dressed baby gem** alongside.

Enjoy!