



Cheesy Chicken Breast BBQ Burger with Wedges and Tangy Lettuce Salad

Customised 30-35 Minutes • 1 of your 5 a day

40B



Potatoes



British Chicken Breasts



Mature Cheddar Cheese



Burger Buns



Iceberg 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

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, baking paper, frying pan, grater, lid and bowl.

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
Iceberg Lettuce**	1	1	1
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 for uncooked ingredient	Per serving 597g	Per 100g 100g
Energy (kJ/kcal)	3198/764	536/128
Fat (g)	24.5	4.1
Sat. Fat (g)	5.7	1.0
Carbohydrate (g)	82.9	13.9
Sugars (g)	10.8	1.8
Protein (g)	54.3	9.1
Salt (g)	1.73	0.29

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

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, mollusc, 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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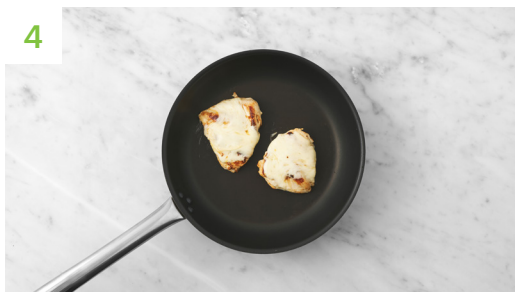
Get the Wedges In

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.



Finishing Touches

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

Trim the **iceberg lettuce**, 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.



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.

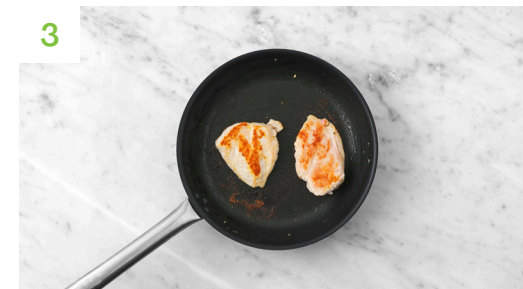
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Dress to Impress

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

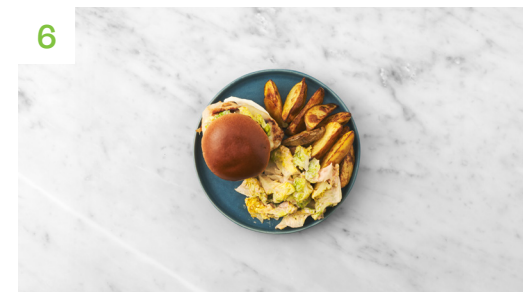
In the meantime, in a medium bowl, add the **burger sauce** and **iceberg lettuce**. Toss together until well coated.



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.



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 iceberg lettuce**, then sandwich shut with the **bun lids**.

Serve your **burgers** with the **wedges** and remaining **dressed iceberg lettuce** alongside.

Enjoy!