



# Peri Peri Chicken Burger and Chips

with Charred Sweetcorn Salad and Zesty Roasted Garlic Mayo

Street Food 35-45 Minutes • Medium Spice • 1 of your 5 a day

31



Potatoes



Garlic Clove



Lime



Flat Leaf Parsley



Sweetcorn



Mature Cheddar Cheese



Baby Plum Tomatoes



British Chicken Breasts



Peri Peri Seasoning



Mayonnaise



Burger Buns



Wild Rocket

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## 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

Aluminium foil, baking tray, fine grater, sieve, grater, bowl, frying pan, baking paper, rolling pin, lid and kitchen scissors.

## Ingredients

| Ingredients                 | 2P        | 3P        | 4P        |
|-----------------------------|-----------|-----------|-----------|
| Potatoes                    | 450g      | 700g      | 900g      |
| Garlic Clove**              | 1         | 1         | 1         |
| Lime**                      | ½         | 1         | 1         |
| Flat Leaf Parsley**         | 1 bunch   | 1 bunch   | 1 bunch   |
| Sweetcorn                   | 160g      | 255g      | 340g      |
| Mature Cheddar Cheese**     | 40g       | 60g       | 90g       |
| Baby Plum Tomatoes          | 125g      | 190g      | 250g      |
| British Chicken Breasts**   | 2         | 3         | 4         |
| Peri Peri Seasoning         | 1 sachet  | 1 sachet  | 2 sachets |
| Mayonnaise <b>8) 9)</b>     | 32g       | 64g       | 64g       |
| Burger Buns <b>13)</b>      | 2         | 3         | 4         |
| Wild Rocket**               | 20g       | 40g       | 40g       |
| <b>Pantry</b>               | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Olive Oil for the Dressing* | 1 tbsp    | 1½ tbsp   | 2 tbsp    |

\*Not Included \*\*Store in the Fridge

## Nutrition

| Typical Values          | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 658g        | 100g     |
| Energy (kJ/kcal)        | 3241/775    | 493/118  |
| Fat (g)                 | 22.9        | 3.5      |
| Sat. Fat (g)            | 7.0         | 1.1      |
| Carbohydrate (g)        | 86.0        | 13.1     |
| Sugars (g)              | 12.0        | 1.8      |
| Protein (g)             | 57.5        | 8.7      |
| Salt (g)                | 2.05        | 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

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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## 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 **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Pop the **chips** 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

Roast the **garlic parcel** until soft, 10-12 mins.



## 4 Prep the Chicken

Next, 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 2-3cm thick.

Season the **chicken** with **salt** and **pepper**, then sprinkle both sides evenly with the **peri peri seasoning**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.



## 2 Do the Prep

Meanwhile, zest and halve the **lime** (see ingredients for amount). Roughly chop the **parsley** (stalks and all).

Drain the **sweetcorn** in a sieve. Grate the **cheese**.

Quarter the **baby plum tomatoes**.

In a medium bowl, combine the **tomatoes**, **parsley**, **olive oil for the dressing** (see pantry for amount) and a squeeze of **lime juice**. Season with **salt** and **pepper**.



## 5 Time to Fry

Once the **oil** is hot, lay in the **chicken**, 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.

Once cooked, remove the pan from the heat and carefully sprinkle the **cheese** over the **chicken**. Cover with a lid (or foil), then set aside, off the heat, to allow the **cheese** to melt, 3-4 mins.

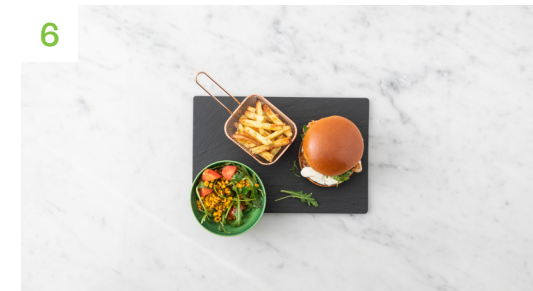
Meanwhile, once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. In a small bowl, mix the **roasted garlic** with the **mayonnaise** and **lime zest**.



## 3 Char the Corn

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once the **corn** is charred, add to the **tomato** bowl. Mix well, then taste and add more **salt**, **pepper** and **lime juice** if needed.



## 6 Finish and Serve

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

When everything's ready, spread the **zesty mayo** over the **bun bases**, then top with the **cheesy chicken** and a handful of **rocket**. Sandwich shut with the **bun lids**.

Add the remaining **rocket** to the **charred corn salad** and toss to combine, then serve alongside your **chips** and **burgers**.

Enjoy!