



Ultimate Fried Chicken and Bacon Burger

with Burger Sauce, Rocket and Wedges

Ultimate 35-40 Minutes

36



Potatoes



British Chicken Breasts



Breadcrumbs



British Streaky Bacon



Burger Buns



Burger Sauce



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Egg, 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, rolling pin, bowl, whisk, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Breadcrumbs 13)	50g	75g	100g
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
Burger Buns 13)	2	3	4
Burger Sauce 8) 9)	60g	90g	120g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Egg*	1	1	2
Salt for the Breadcrumbs*	½ tsp	½ tsp	½ tsp
Mayonnaise*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	619g	100g
Energy (kJ/kcal)	4469/1068	722/173
Fat (g)	44.1	7.1
Sat. Fat (g)	7.7	1.2
Carbohydrate (g)	107.2	17.3
Sugars (g)	11.5	1.9
Protein (g)	61.5	9.9
Salt (g)	4.01	0.65

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

Allergens

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



Roast the Wedges

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

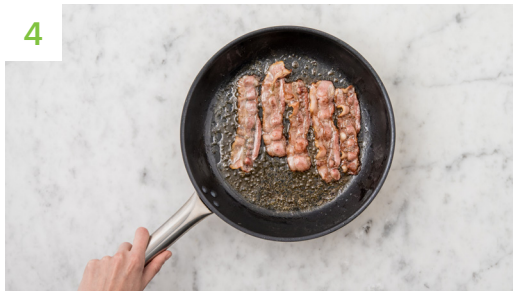
Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop 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.

4



Bring on the Bacon

Once the **chicken** is in the oven, return your frying pan to medium-high heat with a drizzle of **oil**.

Once hot, lay in the **bacon rashers** and fry until crispy and brown, 3-4 mins on each side. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

Transfer to a plate lined with kitchen paper and set aside for serving.

2



Bread the Chicken

Meanwhile, 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 1-2 cm thick.

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

Dip the **chicken** 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.

5



Warm the Buns

Just before you're ready to serve, halve the **burger buns** and pop into the oven to warm through, 2-3 mins.

3



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. Discard the **oil** from the **chicken** pan and wipe clean for the next step. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

6



Build the Burgers

When everything's ready, spread the **burger sauce** over the **bun bases**.

Top the **bun bases** with the **fried chicken**, then the **crispy bacon** and some **rocket**. Sandwich shut with the **bun lids**.

Serve your **ultimate fried chicken and bacon burger** with the **wedges** and some **mayo** (see pantry for amount) on the side for dipping.

Enjoy!