



Cajun Chicken Burger and Chips

with Zesty Pineapple Relish and Lime Dressed Carrot Salad

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Sunshine Dining 30-40 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Garlic Clove



British Chicken Breasts



Cajun Spice Mix



Pineapple Rings



Lime



Carrot



Wild Rocket



Burger Buns

Pantry Items

Oil, Salt, Pepper, Plain Flour, Mayonnaise, Sugar, 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

Baking tray, aluminium foil, baking paper, rolling pin, bowl, frying pan, fine grater and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
British Chicken Breasts**	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Pineapple Rings	1 tin	1½ tins	2 tins
Lime**	1	1	1
Carrot**	1	2	2
Wild Rocket**	40g	60g	80g
Burger Buns 13)	2	3	4

Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Sugar*	1 tsp	1 tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	662g / 3178 / 759	100g / 480 / 115
Fat (g)	20.4	3.1
Sat. Fat (g)	2.8	0.4
Carbohydrate (g)	93.9	14.2
Sugars (g)	19.5	2.9
Protein (g)	51.4	7.8
Salt (g)	1.25	0.19

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, 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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Chop your Chips

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**, 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.

Put the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the parcel until soft, 10-12 mins.



Make your Pineapple Relish

While the **chicken** is resting, add the **pineapple chunks** and **juice** from the tin to the (now empty) pan.

Squeeze in some **lime juice** and bring up to the boil, then lower to a simmer. Simmer until thickened slightly, 4-5 mins.

Once thickened, stir through a pinch of **lime zest** and set aside.

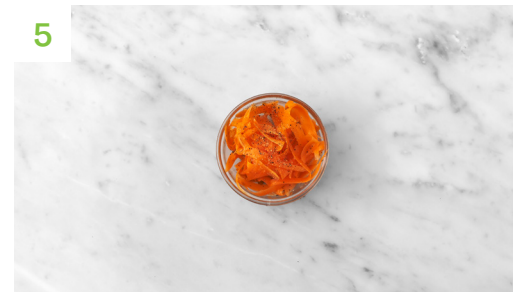


Prep the Chicken

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 1-2cm thick.

Put the **flour** and **Cajun style spice mix** in a bowl with a good pinch of **salt** and some **pepper** and mix together. Lay your **chicken breast** in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**.

Repeat for the other **breast(s)**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Finishing Touches

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, combine **roasted garlic** with the **mayo** (see pantry for amount). Season with **salt** and **pepper** and set aside.

In a large bowl, combine a good squeeze of **lime** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Toss the **carrot ribbons** through the **dressing** and season with **salt** and **pepper**.

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



Time to Fry

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

Once hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.

While the **chicken** is frying, remove the **pineapple** from the tin (keep the tin and juice for later) and cut into small chunks. Zest and halve the **lime**.



Serve Up

Spread the **garlic mayo** over the **bun bases**. Top with a handful of **leaves**, then **Cajun chicken**. Spoon on your **pineapple relish** and sandwich shut with the **bun lids**.

Toss the remaining **leaves** through the **dressing** bowl with the **carrot** and serve with your **chips** alongside.

Enjoy!