



Crispy Fried Chicken Burger

with Fries, Avocado & Corn Salsa and Burger Sauce

Craft Burger 40-45 Minutes • Mild Spice • 1 of your 5 a day

33



Potatoes



Sweetcorn



Avocado



Red Wine Vinegar



British Chicken Breasts



Cajun Spice Mix



Breadcrumbs



Mature Cheddar Cheese



Burger Buns



Wild Rocket



Burger Sauce

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Egg

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, sieve, bowl, baking paper, whisk, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sweetcorn	160g	160g	340g
Avocado	1	2	2
Red Wine Vinegar 14)	12ml	24ml	24ml
British Chicken Breasts**	2	3	4
Cajun Spice Mix	2 sachets	2 sachets	4 sachets
Breadcrumbs 13)	50g	75g	100g
Mature Cheddar Cheese** 7)	30g	40g	60g
Burger Buns 13)	2	3	4
Wild Rocket**	20g	40g	40g
Burger Sauce 8) 9)	60g	90g	120g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 714g	Per 100g 100g
Energy (kJ/kcal)	4587 /1096	642 /154
Fat (g)	45.6	6.4
Sat. Fat (g)	10.3	1.4
Carbohydrate (g)	108.7	15.2
Sugars (g)	12.7	1.8
Protein (g)	63.3	8.9
Salt (g)	3.53	0.49

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
14) Sulphites

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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Eyes on the Fries

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

Cut the **potatoes** lengthways into 1cm slices, then cut into 1cm wide fries (no need to peel).

Pop the **fries** 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 the **fries** on the middle shelf until golden, 25-30 mins. Turn halfway through.



Oh Crumbs

Dip the **chicken** into the **egg** and then the **breadcrumbs**, ensuring it's completely coated. Transfer to a clean plate. **IMPORTANT:** Discard any excess egg.

Pop a large frying pan on high heat and add enough **oil** to completely 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.



Time to Salsa

Meanwhile, drain the **sweetcorn** in a sieve. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.

In a large bowl, combine the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well. Add the **sweetcorn** and **avocado** to the **dressing** and mix together. Set aside.



Time to Shallow Fry

Once the **oil** is 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. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Discard the oil from the chicken pan.

Meanwhile, grate the **cheese**. Halve the **burger buns** and sprinkle the **cheese** onto the **bun bases**. Just before serving, pop them into the oven until melted, 2-3 mins.



Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2 cm thick.

Sprinkle the **Cajun spice mix** over both sides of the **chicken** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

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



Assemble and Serve

When ready, transfer the **buns** to your plates.

Top the **cheesy bases** with a piece of **fried chicken** and a handful of **rocket**. Spread the **burger sauce** over the **bun lids** and sandwich together.

Serve with the **avocado and corn salsa** and **fries** alongside.

Enjoy!