



Honey Lime Glazed Peri Peri Chicken Burger with Wedges and Tomato and Baby Gem Salad

Customised 35-40 Minutes • Medium Spice • 1 of your 5 a day

40A



Potatoes



Garlic Clove



British Chicken Breasts



Peri Peri Seasoning



Lime



Medium Tomato



Baby Gem Lettuce



Honey



Burger Buns

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, Sugar, Olive Oil, Mayonnaise

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, frying pan, bowl and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
British Chicken Breasts**	2	3	4
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Lime**	1	2	2
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	2	2
Honey	15g	22g	30g
Burger Buns 13)	2	3	4

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2978 /712	489 /117
Fat (g)	20.3	3.3
Sat. Fat (g)	2.8	0.5
Carbohydrate (g)	84.3	13.9
Sugars (g)	15.1	2.5
Protein (g)	50.4	8.3
Salt (g)	1.25	0.21

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

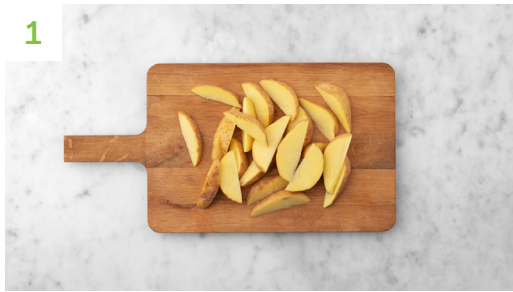
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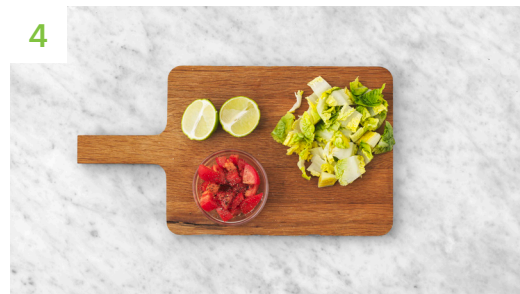
Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** and 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.



Time to Get Dressed

Meanwhile, halve the **lime**. Cut the **tomato** into 1cm chunks.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

In a medium bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with the **juice of half the lime**. Add the **tomato** to the **dressing**, season with **salt** and **pepper** and toss to combine. Set aside for later.



Roast the Garlic

While the **wedges** cook, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Add the **parcel** to the tray of **potato wedges** to roast until soft, 10-12 mins.



Finishing Touches

When the **wedges** are nearly ready, halve the **burger buns**. Pop them onto a baking tray and into the oven to warm through, 2-3 mins.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl combine the **roasted garlic** and **mayo** (see pantry for amount). Mix to combine.

Once the **chicken** is cooked, squeeze in the **honey** and remaining **lime juice**. Turn to glaze. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



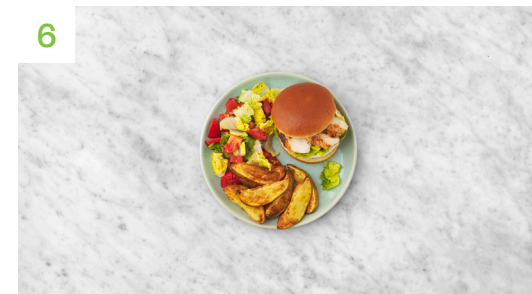
Bash the Chicken

Meanwhile, sandwich each **chicken breast** between two pieces of baking paper. Pop onto a board, then give it a bash with a rolling pin until they're 2-3cm thick.

Sprinkle the **peri peri seasoning** over the **chicken** and season. Drizzle with **oil** and rub to coat.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay in the **chicken**. Fry until golden brown, 7-8 mins each side. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Assemble and Serve

When everything's ready, toss the **leaves** through the **dressed tomatoes**.

Spread the **bun bases** with the **garlic mayo**, add on a handful of the **dressed leaves** and top with the **glazed peri peri chicken**, drizzling over any remaining **honey glaze** from the pan. Sandwich shut with the **bun lids**.

Share the **burgers** between plates and serve with the remaining **salad** and **wedges** alongside.

Enjoy!