



'Zombie Guts' Chicken Schnitzel Burger

with Pesto, Onion Marmalade and Wedges

Halloween 40-45 Minutes

10



Potatoes



Breadcrumbs



Mixed Herbs



British Chicken Breasts



Burger Buns



Pesto



Onion Marmalade



Wild Rocket



Balsamic Glaze

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, bowl, baking paper, rolling pin and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Breadcrumbs 13	50g	75g	100g
Mixed Herbs	1 sachet	1 sachet	2 sachets
British Chicken Breasts**	2	3	4
Burger Buns 13	2	3	4
Pesto** 7	32g	48g	64g
Onion Marmalade	30g	40g	60g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14	12ml	18ml	24ml
Pantry	2P	3P	4P
Egg*	1	2	2
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3666 /876	649 /155
Fat (g)	25.3	4.5
Sat. Fat (g)	4.4	0.8
Carbohydrate (g)	106.1	18.8
Sugars (g)	15.0	2.6
Protein (g)	56.7	10.0
Salt (g)	3.04	0.54

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

Allergens

7) Milk **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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Cook 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.



Time to Fry

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.

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden brown and cooked through, 8-10 mins total. Turn every 2-3 mins and adjust the heat if necessary.

IMPORTANT: The chicken is cooked when no longer pink in the middle.

Once cooked, transfer the **chicken** to a clean plate lined with kitchen paper.



Bash the Chicken

Meanwhile, crack the **egg** (see pantry for amount) into a medium bowl and whisk.

Put the **breadcrumbs** into another bowl and season with the **mixed herbs**, **salt for the breadcrumbs** (see pantry for amount) and **pepper**.

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. Season with **salt** and **pepper**.



Warm the Buns

A few mins before everything's ready, halve the **burger buns** and pop them onto a baking tray and into the oven to warm through, 2-3 mins.

Transfer the **burger buns** to your plates and spread most of **mayo** (see pantry for amount) over the **bun bases** (reserve some to create the 'zombie' eyes).

Top the **bun bases** with the **fried chicken**.



Oh Crumbs

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.



Zombie Time

Spoon the **pesto**, then most of the **onion marmalade** onto the **chicken** (reserve a very small amount of **marmalade** for the eyes).

Allow some of the **sauce** to drip over the edges (this is your 'zombie guts'), then sandwich shut with the **bun lids**.

Use the **reserved mayo** to draw eyes onto the top of the **bun lid** and use the **reserved chutney** as the pupils.

Serve the **wedges** and **rocket** alongside. Drizzle the **balsamic glaze** over the **rocket** to finish.

Enjoy!