

# Peri Peri Chicken Burger and Chips

with Charred Sweetcorn Salad and Zesty Garlic Mayo



Street Food 35-45 Minutes • Medium Spice • 2 of your 5 a day



# Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Fine grater, garlic press, grater, sieve, baking tray, baking paper, saucepan, frying pan, bowl and lid.

### Ingredients

| -                                     |          |          |           |
|---------------------------------------|----------|----------|-----------|
| Ingredients                           | 2P       | 3P       | 4P        |
| Potatoes                              | 450g     | 700g     | 900g      |
| Lime**                                | 1/2      | 1/2      | 1         |
| Flat Leaf Parsley**                   | 1 bunch  | 1 bunch  | 1 bunch   |
| Garlic Clove**                        | 1        | 1        | 1         |
| Baby Plum<br>Tomatoes                 | 125g     | 190g     | 250g      |
| Mature Cheddar<br>Cheese** <b>7</b> ) | 40g      | 60g      | 90g       |
| Sweetcorn                             | 150g     | 255g     | 340g      |
| Peri Peri Seasoning                   | 1 sachet | 1 sachet | 2 sachets |
| Chicken Breast**                      | 2        | 3        | 4         |
| Mayonnaise 8) 9)                      | 32g      | 64g      | 64g       |
| Glazed Burger<br>Bun <b>13)</b>       | 2        | 3        | 4         |
| Rocket**                              | 20g      | 40g      | 40g       |
| Pantry                                | 2P       | 3P       | 4P        |
| Olive Oil for the<br>Dressing*        | 1 tbsp   | 1½ tbsp  | 2 tbsp    |

\*Not Included \*\*Store in the Fridge

### Nutrition

| Per serving | Per 100g  |
|-------------|---|
| 663g        | 100g  |
| 3235 /773   | 488/117   |
| 23.1        | 3.5   |
| 7.0         | 1.1   |
| 88.6        | 13.4  |
| 14.8        | 2.2   |
| 58.6        | 8.8   |
| 2.41        | 0.36  |
|             | 663g<br>3235/773<br>23.1<br>7.0<br>88.6<br>14.8<br>58.6 |

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

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, milk, egg, mustard, celery, soya, 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.

# Contact

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# Get Prepped

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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). Zest and halve the **lime**. Roughly chop the **parsley** 

(stalks and all). Peel and grate the **garlic** (or use a garlic press).

Quarter the **baby plum tomatoes**. Grate the **cheese**. Drain the **sweetcorn** in a sieve.



# Cook the Chips

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.



# Spice up 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 the bottom of a saucepan until it's 2-3cm thick.

Season the **chicken** with **salt** and **pepper**, then sprinkle both sides evenly with the **peri peri seasoning**. Set aside for now. **IMPORTANT**: Wash your hands and equipment after handling raw chicken and its packaging.



# Make the Charred Corn Salad

Heat a large frying pan on high heat (no oil).

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Meanwhile, add the **tomatoes**, **parsley**, **olive oil for the dressing** (see pantry for amount) and a squeeze of **lime juice** to a bowl.

Once the **corn** is charred, add to the bowl and season with **salt** and **pepper**. Mix well, then taste and add more **salt**, **pepper** and **lime juice** if needed.



# Time to Fry

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

Once hot, lay in the **chicken**, turn the heat down to medium and cook until golden brown, 7-8 mins each side. **IMPORTANT**: *The chicken is cooked when no longer pink in the middle.* 

Once cooked, remove the pan from the heat and carefully place the **cheese** on top of the **chicken**. Cover with a lid (or foil), then set aside, off the heat, to allow the **cheese** to melt, 3-4 mins.

Meanwhile, in a small bowl, mix together the **mayonnaise**, **garlic** (add less if you don't love raw **garlic**) and **lime zest**.



# **Finish and Serve**

Halve the **burger buns**. Pop them onto a baking tray and into the oven to warm through, 2-3 mins.

When everything's ready, spread the **zesto mayo** over the **bun bases**, then top with the **cheesy chicken**, a handful of **rocket** and the **bun lids**.

Stir the remaining **rocket** into the **charred sweetcorn salad** and serve alongside your **chips** and **burgers**.

# Enjoy!