



# The Southern Style

Crispy Fried Chicken Burger, Fries and Roasted Corn on the Cob

Craft Burger

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

33



Potatoes



Corn on the Cob



Chicken Fillet



Cajun Style  
Spice Mix



Panko Breadcrumbs



Mature Cheddar  
Cheese



Glazed Burger Bun



Rocket



Burger Sauce

**Pantry Items**

Oil, Salt, Pepper, Egg, Butter

## 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, aluminium foil, baking paper, bowl, frying pan and grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Corn on the Cob**	2	3	4
Chicken Fillet**	2	3	4
Cajun Style Spice Mix	2 sachets	2 sachets	4 sachets
Panko Breadcrumbs <b>13</b>	50g	75g	100g
Mature Cheddar Cheese** <b>7</b>	30g	45g	60g
Glazed Burger Bun <b>13</b>	2	3	4
Rocket**	20g	40g	40g
Burger Sauce <b>8</b> <b>9</b>	45g	75g	90g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Egg*	1	2	2
Butter*	20g	30g	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3933 /940	574 /137
Fat (g)	32.3	4.7
Sat. Fat (g)	11.3	1.7
Carbohydrate (g)	99.1	14.5
Sugars (g)	9.8	1.4
Protein (g)	63.0	9.2
Salt (g)	2.18	0.32

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Chop your Chips

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

Cut the **potatoes** lengthways into 1cm slices, then cut 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.



## 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.



## Get Roasting

Put the **corn** onto a large sheet of foil. Drizzle with **oil** and season with **salt** and **pepper**. Scrunch the foil closed to create a **parcel**.

When the oven is hot, roast the **chips** on the middle shelf until golden and the **corn parcel** on the top shelf until tender, 25-30 mins.

Turn the **chips** halfway through cooking.



## Time to Shallow Fry

Once the **oil** is hot, carefully lay in the **chicken**.

Reduce the heat to medium-high and fry until golden-brown and cooked through, 14-16 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.

Meanwhile, grate the **cheese**. Halve the **burger buns** and pop them onto a baking tray.

Just before serving, top the **bun bases** with **cheese** and slide them into the oven until melted, 2-3 mins.



## Prep the Chicken

Meanwhile, sandwich each **chicken fillet** between two pieces of baking paper or cling film. Pop onto a board, then bash with the bottom of a saucepan until it's 2-3 cm thick.

Sprinkle the **Cajun style 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 ingredients for amount) into a bowl and whisk. Put the **panko breadcrumbs** into another bowl and season well.



## 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. Spread the **butter** (see ingredients for amount) over the **roasted corn**.

Plate up your **craft burgers** with the **corn** and **chips** alongside.

Enjoy!