



CHEESY BBQ CHICKEN BURGER

with Beetroot Slaw and Sweet Potato Fries



HELLO BEETROOT

Bottoms up! Beetroot can be made into a wine that tastes similar to Port.



Sweet Potato Fries



Chicken Breast



Lime



Cheddar Cheese



Beetroot



BBQ Sauce



Burger Buns

MEAL BAG

20 mins

2 of your 5 a day

Rapid recipe

We've given everybody's favourite, BBQ chicken burgers, a fresh twist by topping them with a deliciously zesty beetroot slaw. Deceptively simple these cheesy chicken burgers are guaranteed to take your next burger night to the next level. Served with homemade sweet potato fries for an extra dose of delicious, there's a lot to love about this crowd-pleasing recipe.

GET **PREPARED!**

Get out your **Utensils**

BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 **Wash** the veggies.
- 🔪 Make sure you've got a **Baking Tray**, **Fine Grater**, **Coarse Grater**, **Peeler** and **Large Frying Pan** (with a **Lid**). Let's start cooking the **Cheesy BBQ Chicken Burger with Beetroot Slaw and Sweet Potato Fries**.



1 ROAST THE FRIES

- Preheat your oven to 200°C. Pop the **sweet potato fries** on a baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and bake on the top shelf of the oven for 18 mins. Turn halfway through cooking.



4 COOK THE CHOOK!

- Heat a splash of **oil** in a large frying pan over high heat. Season the **butterflied chicken breasts** with **salt** and **pepper**.
- When the **oil** is hot, lay the **chicken** in the pan and brown for 2 mins on both sides.
- Once browned, lower the heat to medium and cook for another 4-5 mins on each side. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



2 BUTTERFLY THE CHICKEN

- Lay a **chicken breast** on the chopping board, place your hand flat on top and slice into it from the side.
- Be careful not to slice all the way through. Open it up like a book. Repeat for the other breast(s). **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



5 MAKE THE SAUCE

- Meanwhile, mix the **cheddar cheese** with the **BBQ sauce** and **lime zest** in a small bowl.
- When the **chicken** is cooked, spread the **cheesy BBQ sauce** on top of the **chicken** and cover the pan with a lid or plate.
- Cook until the **cheese** has melted, a further minute or so. Halve the **burger buns** and get ready to plate up.



3 MAKE THE SLAW

- Zest, then halve the **lime**. Grate the **cheddar cheese** and keep to one side. Trim and peel the **beetroot**, then coarsely grate. **TIP:** Wear gloves when handling the beetroot to avoid staining your hands!
- Pop the **grated beetroot** into a bowl, season with **salt** and **pepper**. Stir in the **olive oil** (see ingredients for amount) and the **juice** of the **lime**. Keep to one side.



6 FINISH AND SERVE

- Share the **fries** between your plates. Pop a **cheesy BBQ chicken breast** inside each **bun**.
- Add the **beetroot slaw** to the **burger bun** or serve it on the side. It's up to you!

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato Fries *	1 small pack	1 medium pack	1 large pack
Chicken Breast *	2	3	4
Lime *	½	¾	1
Cheddar Cheese 7) *	1 block	1½ blocks	2 blocks
Beetroot *	1	1½	2
Olive Oil*	1 tbspc	1½ tbspc	2 tbspc
BBQ Sauce 13)	1 sachet	1½ sachets	2 sachets
Burger Buns 8) 11) 13)	2	3	4

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 516G	PER 100G
Energy (kJ/kcal)	2929 / 700	567 / 136
Fat (g)	18	4
Sat. Fat (g)	6	1
Carbohydrate (g)	86	17
Sugars (g)	18	4
Protein (g)	54	10
Salt (g)	1.43	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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