



# Glazed Szechuan Chicken Burger

with Salad and Sweet Potato Fries

**Rapid** 20 Minutes • Little Heat • 1 of your 5 a day

10



Sweet Potato Fries



Chicken Thigh



Lime



Radish



Baby Gem Lettuce



Burger Bun



Mayonnaise



Szechuan Paste

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Frying Pan, Chopping Board, Sharp Knife and Mixing Bowl.

## Ingredients

	2P	3P	4P
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Chicken Thigh**	2	3	4
Lime**	½	1	1
Radish**	1 small bag	1 large bag	2 small bags
Baby Gem Lettuce**	1	2	2
Burger Bun (8) (11) (13)	2	3	4
Mayonnaise (8) (9)	2 sachets	3 sachets	4 sachets
Szechuan Paste (11)	1 small sachet	1 large sachet	2 small sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	2588 /619	559 /134
Fat (g)	24	5
Sat. Fat (g)	5	1
Carbohydrate (g)	80	17
Sugars (g)	11	2
Protein (g)	28	6
Salt (g)	2.15	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Roast the Fries

- Preheat your oven to 210°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 in a single layer and roast on the top shelf of your oven until soft and golden, 18-20 mins, turning halfway.



## Make the Dressing

- Squeeze the **lime juice** into a large bowl and add **three-quarters** of the **mayo**.
- Season with **salt** and **pepper** and mix together.  
**TIP:** You'll add the salad ingredients to your dressing once ready to serve.



## Cook the Chicken

- Pop your frying pan on medium-high heat with a drizzle of **oil**.
- Season both sides of the **chicken** with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw meat.
- Once the **oil** is hot, lay in the **chicken thighs** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **TIP:** Reduce the heat slightly if the chicken is burning. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Finish Off

- Pop the **burger buns** into your oven to warm through for the last 2-3 mins of potato cooking time.
- Once the **chicken** is cooked, reduce the heat to low and add the **Szechuan paste** to the pan along with the **lime zest**.
- Remove the pan from the heat, then roll the **chicken thighs** in the **paste** to coat.



## Finish the Prep

- While the chicken cooks, zest and halve the **lime**.
- Trim and halve the **radishes**.
- Trim the root from the **baby gem lettuce** then reserve **1 leaf** per person.
- Thinly slice the remaining **lettuce** widthways.
- Halve the **burger buns**.



## Serve!

- Spread the remaining **mayo** on the bottom of each **bun**. Top with a **lettuce leaf**, a **chicken thigh** and the **bun lid**.
- Add the **radishes** and remaining **lettuce** to the bowl with the **dressing** and mix to combine.
- Serve the **burgers** with the **chips** and **salad** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.