



# Mexican-Style Cheesy Chicken Burger

with Guacamole, Salad and Wedges

**Family** Hands On Time: 20 Minutes • Total Time: 35 Minutes • Medium Spice • 2 of your 5 a day

7



Potatoes



Lime



Baby Plum Tomatoes



Avocado



Burger Buns



Cheddar Cheese



Chipotle Paste



Mayonnaise



Flour



Mexican Spice



Chicken Thighs

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Zester, Two Large Bowls, Two Small Bowls, Grater and Frying Pan.

## Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Lime**	½	1	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Avocado**	1	2	2
Cheddar Cheese 7)**	30g	60g	60g
Chipotle Paste	½ sachet	1 sachet	1 sachet
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Flour 13)	8g	16g	16g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Chicken Thighs**	2	3	4
Burger Buns 8) 11) 13)	2	3	4

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	598g	100g
Energy (kJ/kcal)	3600 /861	602 /144
Fat (g)	41	7
Sat. Fat (g)	12	2
Carbohydrate (g)	93	16
Sugars (g)	8	1
Protein (g)	35	6
Salt (g)	1.45	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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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## Wedge Time

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Finish the Prep

Zest and halve the **lime**. Halve the **tomatoes** and pop into a bowl. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop **half** the **avocado** into 2cm chunks and pop into the bowl with the **tomato**. Add **half** the **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



## Make the Guac

Roughly chop the remaining **avo** and put in another bowl, add the remaining **lime juice**. Season with **salt** and **pepper**, then roughly mash (this is for your burger later). Grate the **Cheddar cheese**. Put the **chipotle paste** and **mayo** into a bowl and mix together.



## Time for Chicken!

Heat a glug of **oil** in a frying pan on medium-high heat. While the **oil** heats up, put the **flour** into a bowl and add the **lime zest** and **Mexican spice**. Season with **salt** and **pepper** and mix together. Add the **chicken thighs** to the bowl and coat both sides of the thighs in the **spiced flour**. Once the **oil** is hot, lay the **chicken thighs** flat and fry until golden, 6-7 mins on each side. **IMPORTANT:** The chicken is cooked when it's no longer pink in the middle.



## Add the Cheese

Once the **chicken thighs** are cooked, turn the heat off and top them with the **grated cheese**. Cover the pan with a lid or some tin foil and leave the **cheese** to melt, 3-4 mins. Meanwhile, halve the **burger buns** and pop them into the oven to warm for 2-3 mins.



## Assemble and Serve

Spread the **chipotle mayo** on the **bottom half** of the **buns** and the **guac** on the **top half**. Pop the **chicken** in the middle and serve with the **wedges** and **tomato avo salad** on the side.

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.