



ROSEMARY & PARMESAN CRUMBED CHICKEN BURGER

with Fries & Smokey Aioli



Add Parmesan to a chicken crumb



Potato



Rosemary



Cucumber



Panko Breadcrumbs



Grated Parmesan Cheese



Chicken Breast



Burger Bun



Cos Lettuce



Tomato



Smokey Aioli

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me early

Look out takeaway, there's a new chicken burger on the scene. Whether it's the golden crumb on the chicken, the silky smokey aioli or the soft brioche-style buns, every bite is a delight – and best of all, you made it yourself!

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey, Plain Flour, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Divide the fries over two oven trays lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



2 GET PREPPED

While the fries are baking, pick and finely chop the **rosemary** leaves. In a medium bowl, combine the **balsamic vinegar**, **honey** and **2 tbs olive oil**. Season with **salt** and **pepper** and mix well. Slice the **cucumber** into half-moons and add to the dressing. Set aside. In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, mix the **panko breadcrumbs**, **grated Parmesan cheese** and **rosemary** and season with **salt** and **pepper**.



3 CRUMB THE CHICKEN

Place the **chicken breast** between two sheets of baking paper. Pound the **chicken** with a meat mallet or rolling pin until they are an even thickness, about 2cm thick, then slice each chicken breast in half (so that they fit the burger buns). Dip the **chicken** into the seasoned **flour**, followed by the **egg** and finally in the **panko mixture**. Set aside on a plate.



4 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/2** the crumbed **chicken** and cook until golden on the outside and cooked through, **3-4 minutes** each side. **TIP:** Add extra oil if needed so the chicken doesn't stick to the pan. Transfer to a plate lined with paper towel. Repeat with the **remaining chicken**.



5 MAKE THE SALAD

Place the **burger buns** directly on the wire racks of the oven and bake until heated through, **3 minutes**. While the buns are baking, reserve some **cos lettuce** leaves for each burger, then shred the **remaining cos**. Thinly slice the **tomato** into half-moons. Add the shredded **cos lettuce** and the **tomato** (save some slices for the burgers!) to the bowl with the **cucumber** and dressing. Toss to coat.



6 SERVE UP

Cut the burger buns in half. Spread the bases with the **smokey aioli**. Top with the rosemary and Parmesan crumbed chicken, reserved tomato slices and cos lettuce leaves. **TIP:** Tear the cos lettuce leaves in half if needed. Serve with the fries and salad on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	6
rosemary	1 bunch
balsamic vinegar*	4 tsp
honey*	2 tsp
cucumber	1
plain flour*	2½ tbs
salt*	1 tsp
eggs*	2
panko breadcrumbs	1 packet
grated Parmesan cheese	1 packet (30g)
chicken breast	1 packet
burger bun	5
cos lettuce	1 head
tomato	2
smokey aioli	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3810kJ (910Cal)	653kJ (156Cal)
Protein (g)	49.3g	8.5g
Fat, total (g)	38.3g	6.6g
- saturated (g)	10.2g	1.7g
Carbohydrate (g)	84.6g	14.5g
- sugars (g)	11.1g	1.9g
Sodium (g)	1290mg	222mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2020 | WK01

