



Gochujang Glazed Chicken Burger

with salad and BBQ potatoes

Quick Cook 20-25 mins • Extra spicy

18



Chicken Breast



Baby Potatoes



Salad Leaves



Tomato



Mayo



Gochujang Paste



Honey



Brioche Buns



BBQ Sauce



Paprika

Pantry Items: Oil, Salt, Pepper, Sugar, Butter, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Baby Potatoes	500 g	1000 g
Salad Leaves	120 g	240 g
Tomato	1 unit	2 units
Mayo	1 sachet	2 sachets
Gochujang Paste	1 sachet	2 sachets
Honey	2 sachets	4 sachets
Brioche Buns	2 units	4 units
BBQ Sauce	1 sachet	2 sachets
Paprika	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	601.5 g	100 g
Energy (kJ/kcal)	2681.9 kJ/ 641 kcal	445.9 kJ/ 106.6 kcal
Fat (g)	13.1 g	2.2 g
Sat. Fat (g)	2.6 g	0.4 g
Carbohydrate (g)	88.5 g	14.7 g
Sugars (g)	18.9 g	3.1 g
Protein (g)	46 g	7.6 g
Salt (g)	1.6 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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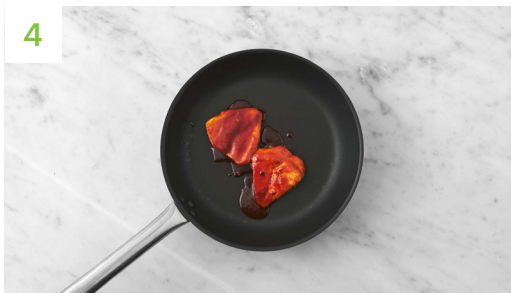
You can recycle me!



1 Prep the Potatoes

- Boil a large pot of **salted water** for the **potatoes**.
- Preheat the oven (for the **burger buns**) to 220°C/200°C fan/gas mark 7.
- Halve the **baby potatoes** (quarter larger potatoes).
- When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat. Cover to keep warm.

TIP: If you're in a hurry you can boil the water in your kettle.



4 Make the Glaze

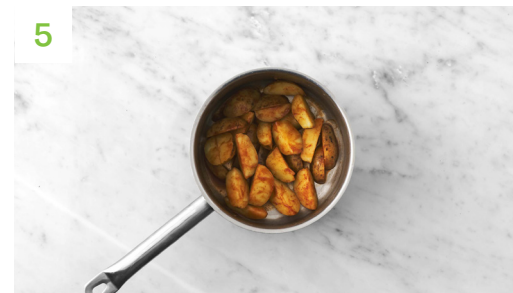
- When the **chicken** is cooked, remove from the pan and set aside. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Stir in the **honey** and **gochujang** (use less if you don't like spice).
- Pour in 50ml **water** (double for 4p), bring to the boil then reduce the heat. Simmer until thickened and sticky, 2-3 mins.
- Stir in 1 tbsp of **butter** (double for 4p) until melted.
- Return the **chicken** to the pan and turn to coat fully in the glaze.



2 Fry the Chicken

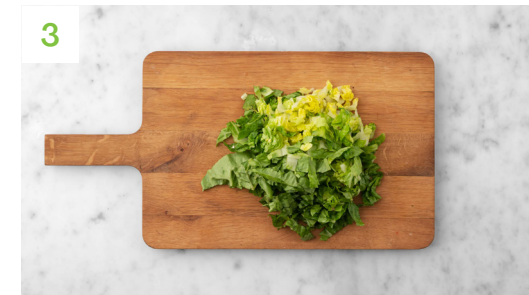
- Place a hand flat on top of the **chicken**. Slice through horizontally to make two thin **steaks**.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken**. Season with **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

TIP: Notice a stronger smell from your chicken? Don't worry, this is due to packaging we use to keep it fresh.



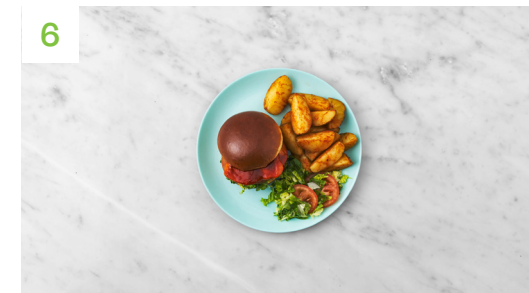
5 Finishing Touches

- While the glaze simmers, pop your **buns** in the oven to warm through, 1-2 mins.
- When the **potatoes** are ready, stir through the **paprika**, **BBQ sauce** and a knob of **butter**. Season with **salt** and **pepper**.
- Toss the chopped **salad leaves** through the salad dressing.



3 Assemble the Salad

- While the **chicken** fries, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Thinly slice the **tomato**.
- To make your dressing, combine the **mayo** with **salt**, **pepper**, 1 tbsp of **oil** and ½ tsp of **sugar** (double both for 4p) in a medium bowl.



6 Assemble and Serve

- When everything's ready, share the **buns** between plates.
- Top the base **buns** with a handful of the chopped **baby gem** and sliced **tomato**.
- Load the glazed **chicken** on top then spoon over any remaining **honey gochujang** sauce then sandwich closed with the **bun** lids.
- Serve the BBQ **potatoes** and remaining **salad leaves** and remaining **tomato** slices alongside.

Enjoy!