



Teriyaki Glazed Chicken Burger

with sesame wedges and zesty carrot

30-35 mins • *Optional spice*

1



Chicken Breast



Sesame Seeds



Brioche Buns



Potatoes



Mayo



Lime



Teriyaki Sauce



Dried Chilli Flakes



Carrot

Pantry Items: Salt, Oil, Pepper, 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

Baking sheet with baking paper, peeler, zester

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Sesame Seeds	1 sachet	2 sachets
Brioche Buns	2 units	4 units
Potatoes	3 units	6 units
Mayo	2 sachets	4 sachets
Lime	½ unit	1 unit
Teriyaki Sauce	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Carrot	½ unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	632 g	100 g
Energy (kJ/kcal)	3690.3 kJ/ 882 kcal	583.9 kJ/ 139.6 kcal
Fat (g)	29 g	4.6 g
Sat. Fat (g)	4.7 g	0.7 g
Carbohydrate (g)	109.7 g	17.4 g
Sugars (g)	21.4 g	3.4 g
Protein (g)	48.7 g	7.7 g
Salt (g)	5.1 g	0.8 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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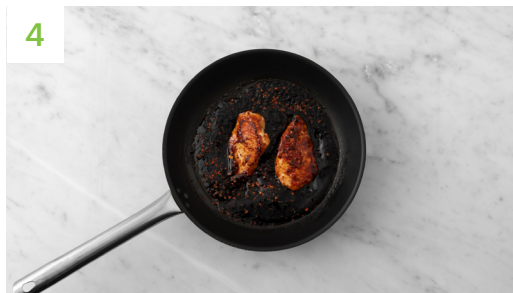
You can recycle me!



Roast the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wedges (no need to peel).
- Pop the wedges onto a large (lined) baking tray.
- Toss with **sesame seeds, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Coat the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken steaks** and season with **salt** and **pepper**.
- Cook through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, reduce the heat to low and add **lime** zest, **teriyaki sauce** and **chilli flakes** (use less if you don't like spice), stirring to combine. Add a splash of **water** if needed.
- Remove from the heat and turn the **chicken** to coat evenly in the sauce.



Get Prepped

- Meanwhile, trim and peel **half** the **carrot** (double for 4p). Run the peeler down its length to create long ribbons, stopping at the core.
- Zest and juice **half** the **lime** (double for 4p).
- Pop the **lime** juice into a large bowl and mix with **three-quarters** of the **mayo**.
- Add the **carrot** ribbons to the bowl. Season with **salt** and **pepper**, mix together, then set aside.



Warm the Buns

- When the wedges are almost done, separate the **buns**.
- Pop into the oven to warm through, 2-3 mins.

TIP: Keep an eye on them so they don't burn!



Slice the Chicken

- Lay the **chicken** out on a board.
- Place your hand flat on top of the **chicken breast**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Slice through horizontally to make two thin **steaks**.
- Repeat with the other **breast(s)**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh. It will still taste delicious once cooked!



Assemble and Serve

- When everything is ready, spread a little of the remaining **mayo** over each **bun** base.
- Divide the **carrot** ribbons between **buns**.
- Top with the **teriyaki chicken steaks** and sandwich closed with the **bun** lids.
- Serve your **teriyaki** burgers with the **sesame potato** wedges alongside.

Enjoy!