



Sweet and Spicy Chicken Burger

with Cajun butter potatoes

Quick Cook 20-25 mins • Extra spicy

15



Chicken Breast



Baby Potatoes



Tomato



Mayo



Brioche Buns



Gochujang Paste



Sweet Chilli Sauce



Cajun Spice Mix



Paprika



Salad Leaves

Pantry Items: Salt, Pepper, Oil, Butter, Sugar, 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
Tomato	1 unit	2 units
Mayo	1 sachet	2 sachets
Brioche Buns	2 units	4 units
Gochujang Paste	1 sachet	2 sachets
Sweet Chilli Sauce	2 sachets	4 sachets
Cajun Spice Mix	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Salad Leaves	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	609.5 g	100 g
Energy (kJ/kcal)	2690.3 kJ/ 643 kcal	441.4 kJ/ 105.5 kcal
Fat (g)	13.2 g	2.2 g
Sat. Fat (g)	2.5 g	0.4 g
Carbohydrate (g)	88.7 g	14.6 g
Sugars (g)	18.3 g	3 g
Protein (g)	46 g	7.5 g
Salt (g)	2 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.

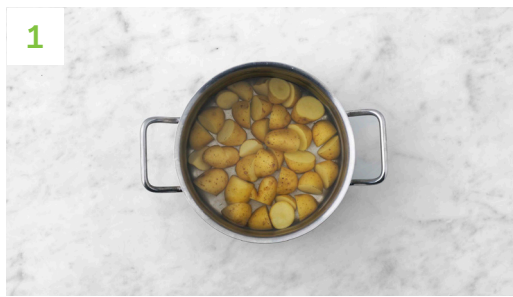
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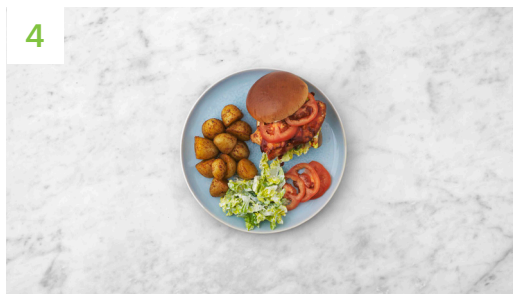
You can recycle me!



Make the Cajun Potatoes

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Halve the **potatoes** (quarter larger potatoes).
- Add the **potatoes** to the boiling **water**, lower heat to medium and cook until fork tender, 15-20 mins.
- Drain in a colander and return to the pot, off the heat.
- Stir through the **Cajun spice, salt, pepper** and a knob of **butter**. Cover to keep warm.

TIP: To avoid turning on your oven, toast the buns in the toaster instead.



Assemble and Serve

- Top the **bun** bases with a handful of the salad and a few **tomato** slices.
- Load on the **chicken steaks** and drizzle over the **sweet chilli sauce** and **gochujang** (use less if you don't like spice).
- Sandwich your burger closed with the top **bun**.
- Serve the remaining salad, **tomato** slices and **Cajun butter potatoes** alongside.

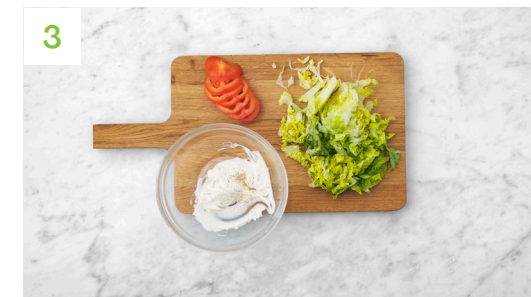
Enjoy!



Cook the Chicken

- Place a hand on top of the **chicken**. Halve horizontally to make thin **steaks**. **IMPORTANT:** Wash hands and equipment after handling raw chicken.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** along with **paprika, salt** and **pepper**.
- Cook for 3-6 mins each side. **Chicken** is cooked when no longer pink in the middle.

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



Finishing Touches

- While the **chicken** fries, trim the **salad leaves**, halve lengthways and thinly slice widthways.
- Thinly slice the **tomato**.
- In a medium bowl, combine the **mayo** with **salt, pepper**, ½ tsp of **sugar** and 1 tbsp of **oil** (double both for 4p).
- Just before serving, toss the **salad leaves** through the **mayo** dressing.
- Pop the **buns** into the oven to warm through, 2-3 mins.