

Pulled Hoisin Chicken Burger

with Sesame Fries and Cucumber Carrot Salad

hellóchef

If duck pancakes and BBQ chicken burgers had a child, this would probably be it...

Cals 889 • Prot 64 • Carbs 100 • Fat 28

Quick Prep

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 prep: 5 min

 cook: 40 min

R2444



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pulled chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.25	0.25	0.25	Tsp
Soy sauce 9* , 10* , 11*	15	20	30	ML
Hoisin sauce 3* , 9* , 10*	30	40	60	Grams
Plum sauce 9* , 10*	40	60	80	Grams
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Burger bun 3* , 4* , 10* , 11*	2	3	4	Piece

Fries				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	2	3	Tsp
Sesame seeds 3*	10	15	15	Grams

Salad				
Cucumber	1	2	2	Piece
Carrot	1	1	2	Piece
Spring onion	40	60	80	Grams
Fresh mint	10	10	20	Grams
Lime	1	1	2	Piece
Salt	0.25	0.5	0.5	Tsp

Allergens

***9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds, *5 Eggs, *13 Mustard, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3723 / 889
Fat (g)	27.6
of which saturates (g)	4.5
Carbohydrate (g)	100
of which sugars (g)	26.9
Fiber (g)	14.6
Protein (g)	63.6
Salt (g)	4.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Bake fries

Preheat the oven to 200°C/180°C fan. Slice the **potatoes** (skins on) into **fries**. Add the **fries** to a large baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss the **fries** in the **oil** until fully coated. Roast in the oven for 30 min or until golden and crisp.



2 Cook chicken

Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken** thighs with a pinch of **salt** and cook for 3 min on each side until golden. Add the **soy sauce** and a splash of water to the pan, cover with a lid and cook for 10-12 min further .

Tip! The slower you cook the chicken for, the easier it will be to shred.



3 Make salad

Meanwhile, slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Trim the **spring onions** and finely slice them.



4 Pull chicken

Once the **chicken** is cooked, using two forks, pull the **chicken** until it's fully shredded. Add the **hoisin sauce** to the pan and cook for 1 min further. Build your burgers with the pulled **chicken**, **spring onion**, **cucumber** and **lime mayonnaise**. Serve the **sesame fries** to the side.



5 Add seeds

Add the **mayonnaise** to a bowl and add a squeeze of **lime** juice. Season with a pinch of **salt**.

Tip! Don't like sesame? Leave it out!



6 Serve

When the fries are ready, remove the tray from the oven and sprinkle them with **sesame seeds**. Add the **burger buns** to one side of the tray. Return the tray to the oven for 2 min or until the **sesame seeds** are starting to toast and the **buns** are warmed through.