



## Buffalo Blue Chicken Burger with Sweet Potato Fries

A crispy chicken breast tossed in tangy buffalo hot sauce, topped with creamy Cashel blue cheese, all tucked into a soft brioche bun with crunchy lettuce. Served up with sweet potato fries and a drizzle of honey mayo for that sweet-and-spicy kick.

### Nutritional Info

Calories: 629 kcal  
Carbohydrates: 78 g  
Protein: 38 g  
Fat: 18 g

### Ingredients

- Chicken Fillet
- Sweet Potato
- Little Gem Lettuce
- Brioche Bun
- Plain Flour
- Cashel Blue Cheese
- Buffalo Hot Sauce
- Mayonnaise
- Honey
- Your Pantry**
- Olive Oil
- Salt

### Allergens

[Wheat \(Brioche, Flour\)](#)  
[Milk \(Brioche, Cheese\)](#)  
[Egg \(Brioche, Mayonnaise\)](#)  
[Mustard \(Mayonnaise\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Preheat the oven to 200°C

### 2) Make the fries

Cut the sweet potatoes into thin fries - peel if you like, but it's not necessary. Spread across a baking sheet and drizzle with oil. Season with salt and pepper and mix well. Transfer to the oven for 30 mins, tossing the chips halfway through. While the chips cook....

### 3) Prepare the chicken

Butterfly your chicken breast - place your hand on top of the chicken breast, slice lengthways into the chicken, dividing it in half. Stop about 1-2cm from the opposite side so that it opens up like a book lying flat. Rub each breast with a little olive oil and half of the buffalo sauce. Set aside to marinate. Meanwhile...

### 4) Prepare the vegetables and sauces

Peel and crush the garlic. Wash and dry the lettuce. Put the blue cheese into a bowl with the mayonnaise and half the garlic. Mix well using the back of a fork to mash down the blue cheese.

In another bowl, combine the remaining hot sauce, garlic and honey.

### 5) Cook the chicken

Sprinkle the plain flour over a plate and lay the chicken in, flipping over to coat the chicken, then shake off the excess flour. Place a frying pan on medium heat and once hot, add a small drizzle of oil. Cook for 2-3 minutes, then flip. and cook for another 2 minutes. When the chicken is just about cooked, spoon half of the buffalo honey sauce mix over the chicken, cooking for 10-20 seconds, then flip. Spoon the remaining glaze over and cook for another 20-30 seconds, flipping again. Once caramelised, remove the chicken from the pan.

### 6) Toast the buns

### 7) Assemble the burgers

Spread the blue cheese on the toasted burger buns. Lay the chicken on top. Finish with a couple of leaves of lettuce and close the burger. Serve alongside the remaining lettuce and chips. Enjoy!



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