



Aussie-Spiced Chicken & Bacon Burger

with Caramelised Onion & Sweet Potato Wedges

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Chicken Breast



Aussie Spice Blend



Diced Bacon



Bake-At-Home Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

This caramelised onion and bacon concoction is the star of this burger. Slather it onto juicy chicken steaks and pile high salad, tomato and herby mayo and you've found yourself your new go-to burger number!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
tomato	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
diced bacon	1 packet (90g)	1 packet (180g)
bake-at-home burger buns	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3743kJ (895Cal)	540kJ (129Cal)
Protein (g)	55.7g	8g
Fat, total (g)	34.1g	4.9g
- saturated (g)	8g	1.2g
Carbohydrate (g)	87.2g	12.6g
- sugars (g)	26.3g	3.8g
Sodium (mg)	1325mg	191mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4087kJ (977Cal)	573kJ (137Cal)
Protein (g)	60.5g	8.5g
Fat, total (g)	41.1g	5.8g
- saturated (g)	12.2g	1.7g
Carbohydrate (g)	87.2g	12.2g
- sugars (g)	26.3g	3.7g
Sodium (mg)	1469mg	206mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two oven trays.

4



Cook the chicken & bacon

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, turning, until lightly browned and cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate to rest and cover to keep warm.
- Return frying pan to medium-high heat. Cook **diced bacon**, breaking up with a spoon, until golden, **4-6 minutes**.
- Stir **bacon** through the caramelised onion.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Get prepped

- While the wedges are baking, thinly slice **brown onion**.
- Thinly slice **tomato** into rounds.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken** and toss to coat.

Little cooks: Help toss the chicken in the spice blend and oil!

5



Bake the burger buns

- While the bacon is cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack in the oven, until heated through, **2-3 minutes**.

Custom Recipe: If you've added Cheddar cheese, sprinkle bake-at-home burger bun halves with Cheddar cheese. Bake until cheese is melted, 2-3 minutes.

3



Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

6



Serve up

- Spread the burger bases with **dill & parsley mayonnaise**.
- Top with Aussie-spiced chicken, tomato, caramelised onion-bacon mixture and **mixed salad leaves**.
- Serve with sweet potato wedges. Enjoy!

Little cooks: Take the lead and help build the burgers!

Rate your recipe

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