



# Adobo-Style Chicken & Braised Onion Burger

with Sweet Potato Fries

FEEL-GOOD TAKEAWAY

KID FRIENDLY



Grab your Meal Kit  
with this symbol



Sweet Potato



Cucumber



Brown Onion



Soy Sauce Mix



Chicken Breast



Sweet Chilli Sauce



Bake-At-Home  
Burger Buns



Mayonnaise



Mixed Salad  
Leaves



Chicken  
Breast

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

For a feel good spin on a takeaway classic, this chicken burger didn't come to play. With braised soy onions and a sweet chilli-coated chicken fillet, this burger works well for feel-good Friday's... or any day!

Eat Me Early

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

## Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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
cucumber	1	2
brown onion	1	2
soy sauce mix	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
chicken breast	1 medium packet	2 medium packets OR 1 large packet
sweet chilli sauce	1 small packet	1 medium packet
bake-at-home burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3295kJ (788Cal)	480kJ (115Cal)
Protein (g)	51.7g	7.5g
Fat, total (g)	23.5g	3.4g
- saturated (g)	5g	0.7g
Carbohydrate (g)	87.9g	12.8g
- sugars (g)	28g	4.1g
Sodium (mg)	1134mg	165mg
Dietary Fibre (g)	13.7g	2g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4011kJ (959Cal)	471kJ (113Cal)
Protein (g)	88.3g	10.4g
Fat, total (g)	26g	3.1g
- saturated (g)	5.8g	0.7g
Carbohydrate (g)	88g	10.3g
- sugars (g)	28g	3.3g
Sodium (mg)	1204mg	141mg
Dietary Fibre	13.9g	1.6g

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](http://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



### Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** 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 fries between two trays.

### Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **brown onion**.
- In a small bowl, combine **soy sauce mix**, the **vinegar** and **brown sugar**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

**Custom Recipe:** If you've doubled your chicken breast, prepare chicken as above.



### Cook the chicken

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Remove from heat and add **sweet chilli sauce**, turning to coat.

**TIP:** The chicken is cooked through when it is no longer pink inside.

**Custom Recipe:** Cook chicken as above, in batches for best results.

### Heat the buns

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

### Serve up

- Spread bun bases with **mayonnaise**. Top with some cucumber, **mixed salad leaves**, chicken and braised onions.
- Serve with sweet potato fries and any remaining cucumber. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](http://hellofresh.com.au/rate)