



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

Eat Me Early

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!

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 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.



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.



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.



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**.



Braise the onions

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **6-8 minutes**.
- Remove from heat and stir in **soy sauce mixture**, until heated through. Transfer to a bowl and cover to keep warm.



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

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