



Dinner - Chicken Caesar Burger with Sweet Potato Fries

Lunch - Chicken Caesar Salad

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Cucumber



Bake-At-Home Ciabatta



Garlic Aioli



Dijon Mustard



Grated Parmesan Cheese



Bacon



Chicken Breast



Lemon Pepper Spice Blend



Bake-At-Home Burger Buns



Basil



Cos Lettuce Leaves

FOR YOUR LUNCH



Mixed Salad Leaves

Pantry items

Olive Oil

DINNER
Hands-on: 35-45 mins
Ready in: 35-45 mins

LUNCH
Ready in: 10 mins

1 Eat me early

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! We've got chicken Caesar doing double duty tonight, as a tasty burger for dinner and then a hearty salad for lunch. Extra delicious!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
tomato	2	3
cucumber	1	2
bake-at-home ciabatta	½	½
garlic aioli	1 packet (100g)	2 packets (150g)
Dijon mustard	2 tubs (30g)	3 tubs (45g)
grated Parmesan cheese	2 packets (60g)	3 packets (90g)
bacon	1 small packet	1 small packet
water*	2 tbs	¼ cup
chicken breast	1 large packet	1 large & 1 small packet
lemon pepper spice blend	2 sachets	4 sachets
salt*	¼ tsp	½ tsp
bake-at-home burger buns	2	4
basil	1 punnet	1 punnet
cos lettuce leaves	1 bag (30g)	1 bag (60g)
mixed salad leaves	1 bag (120g)	1 bag (120g)

*Pantry Items

Nutrition

DINNER	PER SERVING	PER 100G
Energy (kJ)	3690kJ (882Cal)	577kJ (138Cal)
Protein (g)	55.8g	8.7g
Fat, total (g)	38.4g	6.0g
- saturated (g)	10.4g	1.6g
Carbohydrate (g)	71.3g	11.1g
- sugars (g)	17.9g	2.8g
Sodium (mg)	1160mg	182mg

LUNCH

Energy (kJ)	3060kJ (731Cal)	612kJ (146Cal)
Protein (g)	57.0g	11.4g
Fat, total (g)	44.3g	8.9g
- saturated (g)	11.4g	2.3g
Carbohydrate (g)	22.2g	4.4g
- sugars (g)	4.9g	1.0g
Sodium (mg)	1320mg	265mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

DINNER



1. Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. In a medium bowl, combine the **lemon pepper spice blend**, the **salt** and the **chicken** steaks. Toss to coat. Add the **chicken** to the hot pan and cook until browned and just cooked through, **2-4 minutes** each side. Transfer to a plate. Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.

TIP: If your pan is getting crowded, cook in batches for the best results!

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



2. Get prepped

While the fries are baking, thinly slice **1/2** the **tomato**. Thinly slice **1/2** the **cucumber** on an angle. Tear the **bake-at-home ciabatta** (see **ingredients list**) into 1cm chunks. In a medium bowl, combine the **garlic aioli**, **Dijon mustard**, **grated Parmesan cheese** and the **water**. Season to taste with **salt** and **pepper** and mix well.

Roughly chop the **bacon**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



5. Serve up dinner

Reserve **2 portions** of **chicken** for lunch. Pick the **basil** leaves. Slice the **burger buns** in half and spread the bases with some of the **Caesar dressing** (reserve the remaining dressing for lunch). Top with the **remaining lemon pepper chicken**, the **cos lettuce leaves**, **basil** leaves, and **tomato** and **cucumber** slices. Serve with the **sweet potato fries**.



3. Cook the bacon croutons

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook, stirring occasionally, until starting to turn golden, **2-3 minutes**. Add the **ciabatta** and cook, stirring occasionally, until golden and crisp, **5-6 minutes**. Season to taste with **salt** and **pepper** and transfer to a medium bowl.



6. Make lunch

When you're ready to pack your lunch, roughly chop the **remaining tomato** and **cucumber**. Thinly slice the **reserved lemon pepper chicken**. Divide the **reserved Caesar dressing** between two reusable containers, then top with the **mixed salad leaves**, sliced **chicken**, **cucumber** and **tomato**. Divide the **bacon croutons** between two resealable plastic bags or airtight containers. At lunchtime, add the **bacon croutons** to the **salad** and toss to coat in the **dressing**.

Enjoy!