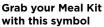


Dinner - Chicken Caesar Burger with Sweet Potato Fries Lunch - Chicken Caesar Salad













Cucumber

Bake-At-Home Ciabatta





Garlic Aioli





Bacon

Grated Parmesan Cheese





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

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

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	1/2	1/2
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	1/4 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 Ite

Nutrition

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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

may have changed.

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

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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.



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.



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.



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.



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.



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!