

Italian Chicken Burger

with Caramelised Onions

Grab your Meal Kit with this symbol



Potato



Brown Onion



Tomato



Cos Lettuce



Chicken Breast



Italian Herbs




Bake-At-Home Burger Buns



Creamy Pesto Dressing

 Hands-on: 35-45 mins
Ready in: 40-50 mins

 Eat me early

Bring a little Italian flair to burger night by using classic flavours such as tomato, Italian herbs, Parmesan and pesto to turn a tender chicken fillet into a filling supreme burger.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
potato	2	4
brown onion	1	2
tomato	1	2
cos lettuce	½ head	1 head
chicken breast	1 small packet	1 large packet
Italian herbs	½ sachet	1 sachet
bake-at-home burger buns	2	4
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water*	½ tbs	1 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3561kJ (851Cal)	509kJ (121Cal)
Protein (g)	46.6g	6.7g
Fat, total (g)	36.7g	5.2g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	75.3g	10.8g
- sugars (g)	14.4g	2.1g
Sodium (mg)	614mg	88mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



Prep the veggies

While the fries are baking, thinly slice the **brown onion**. Thinly slice the **tomato** into half-moons. Reserve a few **cos lettuce** leaves for the burger and shred the remaining (see ingredients).



Prepare the chicken

Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a large bowl, combine the **Italian herbs** (see ingredients) and a drizzle of **olive oil**. Season with **salt** with **pepper**. Add the **chicken** and toss to coat.



Cook the chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** on each side (depending on thickness). Cook in batches if your pan is getting crowded. Transfer to a plate covered loosely with foil to rest.



Caramelize the onions

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar**, **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



Serve up

Build your burgers by spreading a layer of **creamy pesto dressing** over the base of the bun. Top with the chicken, caramelised onions, tomato and cos lettuce. In a large bowl, serve the remaining tomato and cos lettuce with a drizzle of balsamic vinegar and olive oil. Season with salt and pepper and serve on the side with the fries.

Enjoy!