



Herby Chicken Burger & Fries

with Caramelised Onions

Grab your Meal Kit with this symbol



Potato



Brown Onion



Tomato



Chicken Breast



Italian Herbs



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Baby Spinach & Cos Lettuce Mix

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Eat me early

Bring a little Italian flair to burger night by using classic flavours such as tomato, Italian herbs 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
chicken breast	1 small packet	1 large packet
italian herbs	½ sachet	1 sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
water*	½ tbs	1 tbs
bake-at-home burger buns	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
baby spinach & cos lettuce mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	518kJ (123Cal)
Protein (g)	51g	7.8g
Fat, total (g)	30.5g	4.7g
- saturated (g)	6.4g	1g
Carbohydrate (g)	75.1g	11.5g
- sugars (g)	14.2g	2.2g
Sodium (mg)	572mg	88mg

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.



Bake the fries

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



Prep the veggies

While the fries are baking, thinly slice the **brown onion**. Thinly slice the **tomato** into half-moons.



Prep 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** and **pepper**. Add the **chicken breast** 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). Transfer to a plate.

TIP: *If the pan is a little crowded, cook in batches for best results.*



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** and **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, some tomato and **baby spinach & cos lettuce**. In a large bowl, toss the remaining baby spinach & cos lettuce with a drizzle of balsamic vinegar and olive oil. Season to taste. Serve with the fries.

Enjoy!