



# 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](https://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!