

Herby Chicken Burger & Fries

with Caramelised Onions

Grab your Meal Kit with this symbol



Potato



Brown Onion



Tomato



Baby Spinach Leaves



Chicken Breast



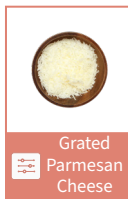
Italian Herbs



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Grated Parmesan Cheese

 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 like tomato, Italian herbs and pesto to turn a tender chicken fillet into a filling supreme burger.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 |
| baby spinach leaves | 1 small bag (30g) | 1 medium bag (60g) |
| 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) |
| grated Parmesan cheese** | 1 packet (30g) | 2 packets (60g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3380kJ (808Cal) | 518kJ (124Cal) |
| Protein (g) | 51.1g | 7.8g |
| Fat, total (g) | 30.5g | 4.7g |
| - saturated (g) | 6.4g | 1g |
| Carbohydrate (g) | 74.9g | 11.5g |
| - sugars (g) | 14g | 11.5g |
| Sodium (mg) | 577mg | 88mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3613kJ (864Cal) | 541kJ (129Cal) |
| Protein (g) | 55.9g | 8.4g |
| Fat, total (g) | 34.5g | 5.2g |
| - saturated (g) | 9.2g | 1.4g |
| Carbohydrate (g) | 74.9g | 11.2g |
| - sugars (g) | 14g | 11.2g |
| Sodium (mg) | 729mg | 109mg |

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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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**.



Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** 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 your pan is getting crowded, cook in batches for best results!

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

CUSTOM RECIPE

If you've added grated Parmesan, before transferring the cooked chicken to a plate, reduce heat to medium. Sprinkle the Parmesan over the chicken, then cover the pan with foil until Parmesan has melted, 2-3 minutes.



Prep the veggies

While the fries are baking, thinly slice the **brown onion**. Thinly slice the **tomato** into half-moons. In a large bowl, combine 1/2 the **tomato** and 1/2 the **baby spinach leaves**. Set aside.



Caramalise 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**.



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.



Serve up

To the bowl with the tomato and spinach, add a drizzle of balsamic vinegar and olive oil. Toss to coat, then season to taste. Spread a layer of **creamy pesto dressing** over the base of each bun. Top with the herby chicken, caramelised onions and remaining tomato and baby spinach leaves. Serve with the salad and fries.

Enjoy!

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