



# Portuguese-Style Chicken Burger

with Sweet Potato Chips & Caramelised Onion

Grab your Meal Kit  
with this symbol



Sweet Potato



Brown Onion



Tomato



Garlic



Lemon



Smoked Paprika



Chilli Flakes  
(Optional)



Chicken Breast



Bake-At-Home  
Burger Buns



Shredded Cheddar  
Cheese



Mayonnaise



Mixed Salad  
Leaves



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



Eat me early



Spicy (optional chilli  
flakes)

These burgers are jam-packed with delicious flavours, from the juicy Portuguese-style chicken to the creamy mayo and sweet caramelised onion. You'll never settle for a takeaway burger again!

## 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
sweet potato	2	4
brown onion	1	2
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar* (for the onion)	2 tsp	1 tbs
garlic	1 clove	2 cloves
salt*	¼ tsp	½ tsp
lemon	½	1
smoked paprika	1 sachet	2 sachets
balsamic vinegar* (for the chicken)	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
mayonnaise	1 packet (40g)	2 packets (80g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3923kJ (937Cal)	546kJ (130Cal)
Protein (g)	52.7g	7.3g
Fat, total (g)	40.1g	5.6g
- saturated (g)	13g	1.8g
Carbohydrate (g)	82.2g	11.4g
- sugars (g)	28.1g	3.9g
Sodium (mg)	1161mg	162mg

## 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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

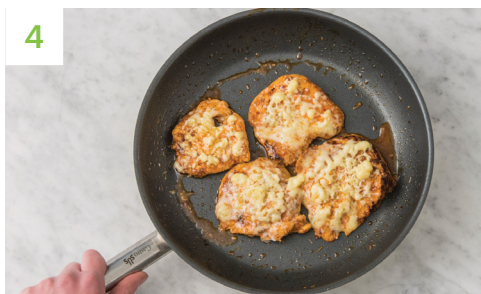
2020 | CW48



### Bake the chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chips. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

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



### Cook the chicken

Wipe out the frying pan then return to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until lightly browned and cooked through, **2-4 minutes** each side (depending on thickness). Sprinkle over the **shredded Cheddar cheese** and cover with a lid or foil. Cook until the cheese has melted, **2-3 minutes**. Remove the pan from the heat.

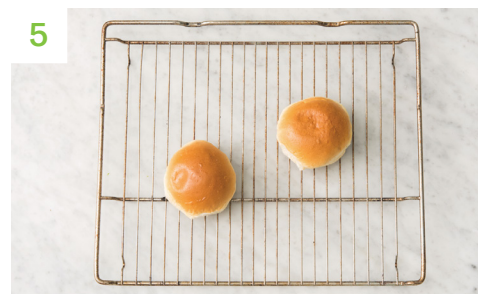
**TIP:** The sugar in the marinade may darken slightly in the pan. This makes the chicken even more delicious!

**TIP:** The chicken is cooked through when it's no longer pink inside.



### Caramelize the onion

While the chips are baking, thinly slice the **brown onion**. Thinly slice the **tomato**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar (for the onion)** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



### Bake the burger buns

Place the **bake-at-home burger buns** on a wire rack in the oven for **3 minutes**, or until heated through.



### Flavour the chicken

While the onions caramelize, finely chop the **garlic**. Slice the **lemon** (see ingredients) into wedges. In a medium bowl, combine the **salt**, **garlic**, **smoked paprika**, **brown sugar (for the chicken)**, a squeeze of **lemon juice**, a drizzle of **olive oil** and a pinch of **chilli flakes** (if using). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the chicken to the marinade and toss to coat. Set aside.



### Serve up

Spread the burger buns with the **mayonnaise** and top with the Portuguese chicken, caramelised onion, **mixed salad leaves** and tomato. Serve with the sweet potato chips on the side.

Enjoy!