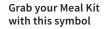


# Middle Eastern Chicken Burger & Zesty Fries

with Pickled Onion & Garlic Hummus

BURGER COLLECTION



















Hummus





Leaves





Did you say hummus and chermoula, for burger night? The answer is yes and we can't wait to take a big bite out of a Middle Eastern chicken burger, layered with hummus and pickled onion. If you have any garlic hummus left over, feel free to dip the zesty fries in for some fun!

#### **Pantry items**

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
zesty chilli salt	pinch	pinch	
onion	1/2	1	
vinegar* (white wine or rice wine)	1⁄4 cup	½ cup	
garlic	2 cloves	4 cloves	
chicken breast	1 packet	1 packet	
chermoula spice blend	1 medium sachet	1 large sachet	
hummus	1 packet (50g)	1 packet (100g)	
honey*	1 tsp	2 tsp	
burger buns	2	4	
mixed salad leaves	1 small bag	1 medium bag	
chicken thigh**	1 packet	1 packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2922kJ (698Cal)	549kJ (131Cal)
Protein (g)	48.5g	9.1g
Fat, total (g)	19.9g	3.7g
- saturated (g)	5.4g	1g
Carbohydrate (g)	80.4g	15.1g
- sugars (g)	18.9g	3.5g
Sodium (mg)	944mg	177mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	562kJ (134Cal)
Protein (g)	44.6g	8.4g
Fat, total (g)	26.9g	5g
- saturated (g)	7.6g	1.4g
Carbohydrate (g)	81.2g	15.2g
- sugars (g)	18.9g	3.5g
Sodium (mg)	963mg	181mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

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## Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
  Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.
- When the fries are done, remove tray from the oven and sprinkle over a pinch of zesty chilli salt.
   Toss fries to coat.



# Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a second small bowl, then add hummus and stir to combine. Season with salt and pepper, then set aside.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
   Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the honey and turn chicken to coat.

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

**Custom Recipe:** Reheat the frying pan with oil as above. Cook chicken, turning occasionally, until browned and cooked through, 14-16 minutes.



## Pickle the onion

- While the fries are baking, thinly slice onion (see ingredients).
- In a small bowl, combine the vinegar and a good pinch of sugar and salt.
- Scrunch sliced onion in your hands, then add it to the pickling liquid with just enough water to cover the onion. Set aside.



## Heat the buns

 Meanwhile, halve burger buns and bake directly on wire rack in oven until heated through,
 2-3 minutes.



# Get prepped

- Finely chop garlic.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chermoula spice blend, a pinch of salt and a drizzle of olive oil. Add chicken and turn to coat.

**Custom Recipe:** If you've swapped to chicken thigh, coat in spice blend as above.



# Serve up

- · Drain pickled onion.
- Spread burger bun halves with some garlic hummus. Top with Middle Eastern chicken, some mixed salad leaves and pickled onion.
- Serve with zesty fries. Enjoy!