



Middle Eastern Chicken Burger & Zesty Fries

with Pickled Onion & Garlic Hummus

BURGER COLLECTION

Grab your Meal Kit with this symbol



Potato



Zesty Chilli Salt



Onion



Garlic



Chicken Breast



Chermoula Spice Blend



Hummus



Burger Buns



Mixed Salad Leaves



Chicken Thigh

Prep in: **25-35 mins**
Ready in: **30-40 mins**

1 Eat Me Early

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!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zesty chilli salt	pinch	pinch
onion	½	1
vinegar* (white wine or rice wine)	¼ 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

*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

2023 | CW26



1



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.

4



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.

2



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.

5



Heat the buns

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

3



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.

6



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!

Rate your recipe

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