



Middle Eastern Chicken Burger & Spiced Fries

with Caramelised Onion & Garlic Hummus

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Onion



Chicken Breast



Hummus



Baby Spinach Leaves



Sumac Seasoning



Garlic



Chermoula Spice Blend



Burger Buns



Chicken Breast

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

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 caramelised onion. If you have any garlic hummus left over, feel free to dip the spiced 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, Balsamic Vinegar, Brown Sugar, 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
sumac seasoning	1 sachet	2 sachets
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
chicken breast	1 small packet	2 small packets OR 1 large 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
baby spinach leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	530kJ (127Cal)
Protein (g)	49.4g	8.8g
Fat, total (g)	19.5g	3.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	86g	15.2g
- sugars (g)	21.5g	3.8g
Sodium (mg)	947mg	168mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3735kJ (892Cal)	516kJ (123Cal)
Protein (g)	82.5g	11.4g
Fat, total (g)	24.7g	3.4g
- saturated (g)	6.9g	1g
Carbohydrate (g)	86.8g	12g
- sugars (g)	21.5g	3g
Sodium (mg)	1046mg	144mg

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 | CW37



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 **sumac seasoning**. Toss **fries** to coat.



Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. 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: Cook chicken in batches for the best results, returning all chicken to the pan before adding the honey as above.



Caramelize the onion

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



Heat the buns

- Meanwhile, halve **burger buns** and bake directly on a wire oven rack 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 doubled your chicken breast, prep in a large bowl.



Serve up

- Spread burger bun bases with some garlic hummus. Top with Middle Eastern chicken, some **baby spinach leaves** and caramelised onion.
- Serve with spiced fries. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate