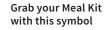


Middle Eastern Chicken Burger & Spiced Fries

with Caramelised Onion & Garlic Hummus

TAKEAWAY FAVES









Potato

Sumac Seasoning



Onion

Onion

Chicken Breast

Chermoula Spice Blend

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Hummus



Baby Spinach Leaves



Burger Buns

Chicken Breast



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



Olive Oil, Balsamic Vinegar, Brown Sugar, Honey

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

2 People	4 People
refer to method	refer to method
2	4
1 sachet	2 sachets
1 (medium)	1 (large)
1 tbs	2 tbs
1 tsp	2 tsp
2 cloves	4 cloves
1 small packet	2 small packets OR 1 large packet
1 medium sachet	1 large sachet
1 packet (50g)	1 packet (100g)
1 tsp	2 tsp
2	4
1 small bag	1 medium bag
1 small packet	2 small packets OR 1 large packet
	refer to method 2 1 sachet 1 (medium) 1 tbs 1 tsp 2 cloves 1 small packet 1 medium sachet 1 packet (50g) 1 tsp 2 1 small bag

^{*}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.



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 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.



Caramelise 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!