



Mustard Chicken & Bacon Jam Burger

with Avocado, Herby Mayo & Fries

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Onion



Avocado



Diced Bacon



Chicken Thigh



Dijon Mustard



All-American Spice Blend



Cornflour



Burger Buns



Smokey Aioli



Dill & Parsley Mayonnaise

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

A good pub meal is meant to fill you up and satisfy your craving for a juicy burger and fries. What if we tell you there's no need to leave your kitchen to get the same experience? Build up your burger with crispy mustard chicken, a caramelised bacon jam and avocado. It wouldn't be a pub meal though without a side of fries!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
onion	1 (medium)	1 (large)
avocado	1	2
diced bacon	1 packet	1 packet
water*	2 tbs	¼ cup
balsamic vinegar*	1 tsp	2 tsp
brown sugar*	1 tsp	2 tsp
chicken thigh	1 small packet	2 small packets OR 1 large packet
dijon mustard	1 packet	2 packets
All-American spice blend	1 sachet	1 sachet
cornflour	½ packet	1 packet
plain flour*	1 tbs	2 tbs
burger buns	2	4
smokey aioli	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5123kJ (1224Cal)	670kJ (160Cal)
Protein (g)	53.8g	7g
Fat, total (g)	74.9g	9.8g
- saturated (g)	17.7g	2.3g
Carbohydrate (g)	93.1g	12.2g
- sugars (g)	24.3g	3.2g
Sodium (mg)	1838mg	240mg

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.

Fancy a beer?

We recommend pairing this meal with Pale Ale or American Lager

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries, then place 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**.

Little cooks: Help toss the fries!

4



Prep the chicken

- In a medium bowl, combine **chicken thigh**, **dijon mustard**, a generous pinch of **salt** and a drizzle of **olive oil**.
- In a shallow bowl, combine **All-American spice blend**, **cornflour** (see ingredients), the **plain flour** and a pinch of **salt** and **pepper**. Coat **chicken** in the **flour mixture** and set aside on a plate.

2



Get prepped

- While the fries are baking, thinly slice **tomato** and **onion**. Slice **avocado** in half, scoop out the flesh and thinly slice.

5



Cook the chicken

- Wash and dry the frying pan, then return to medium-high heat with enough **olive oil** to cover the base. When oil is hot, dust off any excess flour, and cook **chicken** until golden, **2 minutes** each side.
- Transfer **chicken** to a second lined oven tray and bake until cooked through, **12-14 minutes**. Transfer to a paper towel-lined plate.
- While the chicken is baking, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

3



Make the bacon jam

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** and **diced bacon**, breaking bacon up with a spoon, until starting to brown, **4-6 minutes**.
- Add the **water**, **balsamic vinegar** and **brown sugar**, stirring to combine. Cook until reduced, **1 minute**. Transfer to a bowl and set aside.

6



Serve up

- Spread burger bun bases with **smokey aioli**. Top with some bacon jam, avocado, tomato and mustard chicken.
- Serve with fries and **dill & parsley mayonnaise**. Enjoy!

Little cooks: Take the lead and help build the burgers!

We're here to help!

Scan here if you have any questions or concerns

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