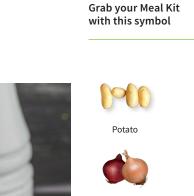


## Mustard Chicken & Bacon Jam Burger

with Avocado, Herby Mayo & Fries

PUB BISTRO KID FRIENDLY







Onion



Avocado

Tomato

Diced Bacon

Chicken Thigh



Dijon Mustard

All-American Spice Blend





Burger Buns

Cornflour



Smokey Aioli

Dill & Parsley Mayonnaise

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour

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!

Ρ



## 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  $\cdot$  Large frying pan

#### Ingredients

<b>•</b>		
	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
* Dantry Itoms		

#### \*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

We're here to help! Scan here if you have any questions or concerns 2023 | CW42



#### 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!

# 2

#### Get prepped

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



## 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.

- 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.



#### 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!

#### Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



## 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.

6

# Rate your recipe