



Supreme Chicken & Avocado Burger

with Wedges, Caramelised Bacon & Onion

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Onion



Tomato



Avocado



Chicken Breast



Aussie Spice Blend



Diced Bacon



Burger Buns



Mayonnaise



Mixed Salad Leaves

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

It's the classic chicken burger swooping in to claim the best burger award tonight. It's spot on the podium is earned though, with aromatic spices cooked into the chicken, avocado, mouth-watering bacon and a sweet caramelised onion. What really outshines them all are the wedges, it's a winning combination!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
onion	1 (medium)	1 (large)
tomato	1	2
avocado	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	1 sachet
diced bacon	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4304kJ (1029Cal)	588kJ (141Cal)
Protein (g)	57.7g	7.9g
Fat, total (g)	53.4g	7.3g
- saturated (g)	14.8g	2g
Carbohydrate (g)	79.7g	10.9g
- sugars (g)	18.3g	2.5g
Sodium (mg)	1369mg	187mg

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.

1



Bake the wedges

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

2



Get prepped

- Meanwhile, thinly slice **onion**. Thinly slice **tomato** into rounds. Slice **avocado** in half, scoop out flesh and thinly slice.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken** and turn to coat.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

3



Caramelize the bacon & onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **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.

4



Cook the chicken

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through, **3-6 minutes** each side (depending on thickness).

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

5



Bake the burger buns

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

6



Serve up

- Spread bases of burger buns with some **mayonnaise**. Top with chicken, caramelized bacon and onion, **mixed salad leaves**, avocado and tomato.
- Serve with wedges. 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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