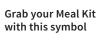


# Supreme Chicken & Avocado Burger with Wedges, Caramelised Bacon & Onion

HALL OF FAME

KID FRIENDLY









Potato











**Aussie Spice** 

Blend

Chicken Breast



Diced Bacon



Burger Buns



Mayonnaise



Mixed Salad Leaves



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



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<br>OR 1 large packet |
| Aussie spice<br>blend | 1 sachet        | 1 sachet                             |
| diced bacon           | 1 packet        | 1 packet                             |
| balsamic<br>vinegar*  | 1 tbs           | 2 tbs                                |
| brown sugar*          | 1 tsp           | 2 tsp                                |
| burger buns           | 2               | 4                                    |
| mayonnaise            | 1 medium packet | 1 large packet                       |
| mixed salad<br>leaves | 1 small bag     | 1 medium bag                         |

<sup>\*</sup>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.



## 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.



## 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!



#### Caramelise 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.



#### 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.



## Bake the burger buns

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



## Serve up

- Spread bases of burger buns with some mayonnaise. Top with chicken, caramelised bacon and onion, mixed salad leaves, avocado and tomato.
- · Serve with wedges. Enjoy!

Rate your recipe

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



