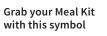


Supreme Chicken Burger & Wedges with Caramelised Bacon & Onion

HALL OF FAME

KID FRIENDLY











Tomato

Chicken Breast







Aussie Spice





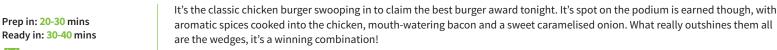
Mayonnaise

Burger Buns



Mixed Salad Leaves





Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Prep in: 20-30 mins

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
onion	1/2 (large)	1 (large)		
tomato	1	2		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large 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		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3497kJ (836Cal)	546kJ (130Cal)
Protein (g)	55.8g	8.7g
Fat, total (g)	33.6g	5.2g
- saturated (g)	10.3g	1.6g
Carbohydrate (g)	80.1g	12.5g
- sugars (g)	23.3g	3.6g
Sodium (mg)	1367mg	214mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4149kJ (992Cal)	519kJ (124Cal)
Protein (g)	92.8g	11.6g
Fat, total (g)	34.3g	4.3g
- saturated (g)	10.6g	1.3g
Carbohydrate (g)	80.9g	10.1g
- sugars (g)	22g	2.8g
Sodium (mg)	1511mg	189mg

The quantities provided above are averages only.

Allergens

2024 | CW07

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.
- · Bake until tender, 20-25 minutes.



Get prepped

- While the wedges are baking, thinly slice onion (see ingredients) and tomato into rounds.
- 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!

Custom Recipe: If you've doubled your chicken breast, flavour chicken in a large bowl.



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

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

Custom Recipe: If you've doubled your chicken breast, cook chicken in batches for the best results.



Bake the burger buns

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



Serve up

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

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

Rate your recipe

Did we make your tastebuds happy?
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