

# Middle Eastern Chicken Burger & Zesty Fries

Grab your Meal Kit with this symbol

Śalt

with Caramelised Onion & Garlic Hummus

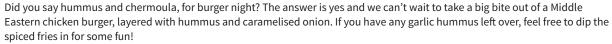
TAKEAWAY FAVES



Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early

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Olive Oil, Balsamic Vinegar, Brown Sugar, Honey

# 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  $\cdot$  Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zesty chilli salt	pinch	pinch
onion	1/2	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
chicken breast	1 small packet	2 small packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
hummus	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
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)	2979kJ (712Cal)	528kJ (126Cal)
Protein (g)	49.3g	8.7g
Fat, total (g)	19.4g	3.4g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	86.3g	15.3g
- sugars (g)	26.5g	4.7g
Sodium (mg)	948mg	168mg

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3630kJ (868Cal)	501kJ (120Cal)
Protein (g)	86.3g	11.9g
Fat, total (g)	20.1g	2.8g
- saturated (g)	5.5g	0.8g
Carbohydrate (g)	87.2g	12g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1092mg	151mg

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.

#### We're here to help! Scan here if you have any questions or concerns

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### Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- 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.
  When the fries are done, remove tray from the
- oven and sprinkle over **zesty chilli salt**. Toss **fries** to coat.



# Cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Transfer garlic oil to a second small bowl, then add hummus and stir to combine. Season with salt and pepper, then set aside.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
   Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and turn **chicken** to coat.

**TIP:** The chicken is cooked through when it's no longer pink inside.

**Custom Recipe:** Cook chicken in batches for best results, returning all chicken to the pan before adding the honey. Continue with recipe.



### Caramelise the onion

- While the fries are baking, thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook 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.



# Heat the buns

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



# Get prepped

- Finely chop garlic. Place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.
- In a medium bowl, combine chermoula spice blend, a pinch of salt and a drizzle of olive oil. Add chicken and turn to coat.

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



# Serve up

- Spread burger bun bases with some garlic hummus. Top with Middle Eastern chicken, some **mixed salad leaves** and caramelised onion.
- Serve with spiced fries. Enjoy!

#### Rate your recipe

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