



# Italian Cheesy Chicken Burger

with Caramelised Onion & Kumara Fries

KID FRIENDLY

Grab your Meal Kit with this symbol



Kumara



Onion



Tomato



Chicken Breast



Lemon Pepper Spice Blend



Grated Parmesan Cheese



Burger Buns



Dill & Parsley Mayonnaise



Baby Leaves



Chicken Breast

Prep in: 35-45 mins  
Ready in: 40-50 mins

Eat Me Early

Bring a little Italian flair to burger night by using classic flavours such as caramelised onion, lemon and pepper seasoning, Parmesan and dill-parsley mayo to turn a tender chicken fillet into a filling supreme burger.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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 with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
kumara	2	2
onion	½ (large)	1 (large)
tomato	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>water*</b>	2 tsp	4 tsp
<b>brown sugar*</b>	1½ tsp	1 tbs
chicken breast	1 medium packet	2 medium packets OR 1 large packet
lemon pepper spice blend	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
grated Parmesan cheese	1 medium packet	1 large packet
burger buns	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3247kJ (776Cal)	489kJ (117Cal)
Protein (g)	52.4g	7.9g
Fat, total (g)	23.2g	3.5g
- saturated (g)	6.9g	1g
Carbohydrate (g)	90g	13.5g
- sugars (g)	22.5g	3.4g
Sodium (mg)	1009mg	152mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4026kJ (962Cal)	507kJ (121Cal)
Protein (g)	95g	12g
Fat, total (g)	26.6g	3.3g
- saturated (g)	7.9g	1g
Carbohydrate (g)	88.9g	11.2g
- sugars (g)	17.1g	2.2g
Sodium (mg)	1193mg	150mg

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](https://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



## Bake the kumara fries

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **kumara** and cut into fries, then place on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

**Little cooks:** Help toss the fries.



## Cook the chicken

- Wash and dry the frying pan, then return to medium-high heat. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if the pan is getting crowded).
- In the last **3 minutes** of cook time, sprinkle **grated Parmesan cheese** over the **chicken** and cover with a lid (or foil) so the cheese melts. Remove from heat and set aside.

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

**Custom Recipe:** Cook chicken in batches for best results.



## Caramelize the onion

- Meanwhile, thinly slice **onion** (see ingredients) and **tomato**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, **water** and **brown sugar**, then cook until dark and sticky, **3-5 minutes**. Transfer to a bowl and cover to keep warm.



## Heat the burger buns

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



## Prep the chicken

- While the onion is cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **lemon pepper spice blend**, the **salt** and a drizzle of **olive oil**.
- Add **chicken**, then season with **pepper** and turn to coat.

**Little cooks:** Kids can help combine the ingredients for the seasoning.

**Custom Recipe:** If you've doubled your chicken breast, prepare extra chicken as above and flavour in a large bowl.



## Serve up

- Spread some **dill & parsley mayonnaise** over the burger bun base.
- Top with cheesy chicken, caramelised onion, tomato and some **baby leaves**.
- Serve with kumara fries. Enjoy!

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

## Rate your recipe

Did we make your tastebuds happy?

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