

# Middle Eastern Chicken Burger & Zesty Fries

with Caramelised Onion & Garlic Yoghurt

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

32



Potato



Lemon Pepper Spice Blend



Onion



Garlic



Chicken Breast



Chermoula Spice Blend



Greek-Style Yoghurt



Burger Buns



Mixed Salad Leaves



Chicken Breast



Chicken Thigh

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

Protein Rich

Eat Me Early

Did you say chermoula chicken, for burger night? The answer is yes and we can't wait to take a big bite out of this Middle Eastern chicken burger, layered with garlic yoghurt and caramelised onion. If you have any garlic yoghurt left over, feel free to dip the zesty fries in for some fun!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Honey



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon pepper spice blend	1 medium sachet	1 large sachet
onion	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2930kJ (700cal)	266kJ (64cal)
Protein (g)	56.1g	5.1g
Fat, total (g)	15.3g	1.4g
- saturated (g)	4.8g	0.4g
Carbohydrate (g)	86.7g	7.9g
- sugars (g)	28.9g	2.6g
Sodium (mg)	1168mg	106.1mg
Dietary Fibre (g)	8.3g	0.8g

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.

1



## 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 with **lemon pepper spice blend**. Toss fries to coat.

4



## 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 **Greek-style yoghurt** 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.

2



## Caramelize 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.

5



## Heat the buns

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

3



## Get prepped

- Finely chop **garlic**. Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a medium bowl, combine **chermoula spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken** and turn to coat.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning, until browned and cooked through, 10-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

