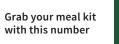


Classic Chicken & Caramelised Onion Burger

with Fries & Dill-Parsley Mayo

AIR FRYER FRIENDLY

KID FRIENDLY













Cucumber

Aussie Spice Blend





Burger Buns

Chicken Breast



Dill & Parsley



Mixed Salad

Leaves

Mayonnaise





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



Bring a little flair to burger night by using classic flavours such as caramelised onion, Aussie spice blend and a herby mayo to turn a tender chicken fillet into a filling supreme burger.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

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

Air fryer or 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
onion	1/2	1
cucumber	1 (medium)	1 (large)
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
brown sugar*	1 tbs	2 tbs
balsamic	1 tbs	2 tbs
vinegar*	1 tDS	2 (DS
vinegar* warm water*	½ tbs	1 tbs
warm water*	½ tbs	1 tbs
warm water* burger buns dill & parsley	½ tbs	1 tbs

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761cal)	264kJ (63cal)
Protein (g)	54.4g	4.5g
Fat, total (g)	22.9g	1.9g
- saturated (g)	5g	0.4g
Carbohydrate (g)	88.8g	7.4g
- sugars (g)	29g	2.4g
Sodium (mg)	996mg	82.7mg
Dietary Fibre (g)	10.3g	0.9g

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 fries

- Cut potato into fries. Set air fryer to 200°C.
- Place fries into the air fryer basket, drizzle with olive oil, season with salt and toss to coat. Cook for 10 minutes. Shake the basket, then cook until golden, a further 10-15 minutes. Divide between serving plates.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender. 20-25 minutes.

Little cooks: Kids can help with sprinkling over the salt and tossing the fries.



Get prepped

- Meanwhile, thinly slice onion (see ingredients) and cucumber.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil.
- Add chicken breast, season with salt and pepper and turn to coat. Set aside.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!



Caramelise the onion

- 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 brown sugar, balsamic vinegar and warm water and cook until dark and sticky,
 4-5 minutes. Transfer to a bowl and cover to keep warm.



Cook the chicken

- Wipe out pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add chicken and cook, turning occasionally, until browned and cooked through, 14-16 minutes.

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



Heat the burger buns

 While the chicken is cooking, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



Serve up

- Spread bases of burger buns with dill & parsley mayonnaise.
- Top with some classic chicken, cucumber, caramelised onion and **mixed salad leaves**.
- Serve with fries. Enjoy!

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







