

Classic Chicken & Caramelised Onion Burger

with Fries & Dill-Parsley Mayo

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

39



Potato



Onion



Cucumber



Aussie Spice Blend



Chicken Breast



Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves




Halloumi/
Grill Cheese



Grated
Parmesan
Cheese

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

 Eat Me Early

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
onion	½	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 vinegar*	1 tbs	2 tbs
warm water*	½ tbs	1 tbs
burger buns	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

*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.

1



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.

4



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.

2



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!

3



Caramelize 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.

5



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**.

6



Serve up

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

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

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

+ ADD GRATED PARMESAN CHEESE

Sprinkle over buns before heating.

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

