

Dinner - Chicken Caesar Burger & Kumara Fries

Lunch - Creamy Chicken Caesar Salad

Grab your Meal Kit with this symbol



Kumara



Tomato



Cucumber



Ciabatta



Garlic Aioli



Dijon Mustard



Grated Parmesan Cheese



Chicken Breast



Diced Bacon



Lemon Pepper Spice Blend



Burger Buns



Basil



Cos Lettuce Mix

For your lunch



Mixed Salad Leaves

Pantry items

Olive Oil



DINNER

Hands-on: **35-45 mins**
Ready in: **35-45 mins**



Eat me early

LUNCH

Ready in: **10 mins**

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day! We've got chicken Caesar doing double duty tonight, as a tasty burger for dinner and then a hearty salad for lunch. Extra delicious!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper - Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|----------------------------------|
| olive oil* | refer to method | refer to method |
| kumara | 2 (medium) | 2 (large) |
| tomato | 2 | 3 |
| cucumber | 1 (medium) | 1 (large) |
| ciabatta | ½ | ½ |
| garlic aioli | 1 packet (100g) | 2 packets (150g) |
| Dijon mustard | 2 packets (30g) | 3 packets (45g) |
| grated Parmesan cheese | 2 packets (60g) | 3 packets (90g) |
| water* | 2 tbs | 3 tbs |
| chicken breast | 1 large packet | 1 large packet & 1 medium packet |
| diced bacon | 1 packet | 1 packet |
| lemon pepper spice blend | 1 sachet | 2 sachets |
| salt* | ¼ tsp | ½ tsp |
| burger buns | 2 | 4 |
| basil | 1 bunch | 1 bunch |
| cos lettuce mix | 1 bag (30g) | 1 bag (60g) |
| mixed salad leaves | 1 bag (120g) | 1 bag (120g) |

*Pantry Items

Nutrition

| Dinner | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3500kJ (835Cal) | 557kJ (133Cal) |
| Protein (g) | 52.8g | 8.4g |
| Fat, total (g) | 33.7g | 5.4g |
| - saturated (g) | 9.7g | 1.6g |
| Carbohydrate (g) | 73.5g | 11.7g |
| - sugars (g) | 19.4g | 3.1g |
| Sodium (mg) | 1310mg | 208mg |

| Dinner | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2850kJ (681Cal) | 588kJ (141Cal) |
| Protein (g) | 53.6g | 11.1g |
| Fat, total (g) | 40.0g | 8.3g |
| - saturated (g) | 11.4g | 2.3g |
| Carbohydrate (g) | 22.7g | 4.7g |
| - sugars (g) | 5.3g | 1.1g |
| Sodium (mg) | 1330mg | 275mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

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Bake the kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the kumara to size so it cooks in time.



Cook the chicken

In a second medium bowl, combine the **lemon pepper spice blend** and the **salt**. Add the **chicken** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until browned and just cooked through, **2-4 minutes** each side. Transfer to a plate. Place the **burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**.

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



Get prepped

While the fries are baking, thinly slice 1/2 the **tomato**. Thinly slice 1/2 the **cucumber** on an angle. Tear 1/2 the **ciabatta** into 1cm chunks. In a medium bowl, combine the **garlic aioli**, **Dijon mustard**, **grated Parmesan cheese** and the **water**. Season with **salt** and **pepper** and mix well. Set aside. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



Serve up dinner

Reserve 2 portions of chicken for lunch. Pick the **basil** leaves. Slice the **burger buns** in half and spread the bases with some **Caesar dressing** (reserve the remaining dressing for lunch). Top with the remaining **lemon pepper chicken**, some **cos lettuce mix**, **basil**, **tomato** slices and **cucumber** slices. Serve with the **kumara** fries.



Cook the bacon croutons

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **diced bacon** and cook, stirring occasionally, until slightly golden, **2-3 minutes**. Add the torn **ciabatta** and cook, stirring occasionally, until golden and crisp, **5-6 minutes**. Season to taste and transfer to a bowl.



Prepare your lunch

When you're ready to pack lunch, roughly chop the remaining **tomato** and **cucumber**. Thinly slice the reserved **lemon pepper chicken**. Divide the reserved **Caesar dressing** between two reusable containers, then top with the **mixed salad leaves**, **chicken**, **tomato** and **cucumber**. Divide the **bacon croutons** between two resealable plastic bags or airtight containers. At lunchtime, add the **bacon croutons** to the salad and toss to coat in the dressing.

Enjoy!