



# Classic Chicken Burger

with Caramelised Onion & Fries

Grab your Meal Kit with this symbol



Potato



Onion



Tomato



Chicken Breast



Aussie Spice Blend



Burger Buns



Dill & Parsley Mayonnaise



Mixed Leaves



Haloumi

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 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 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, Brown Sugar, Balsamic Vinegar



## 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
potato	2	4
onion	1 (medium)	1 (large)
tomato	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
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 packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3233kJ (773Cal)	530kJ (127Cal)
Protein (g)	47.3g	7.8g
Fat, total (g)	28g	4.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	84g	13.8g
- sugars (g)	24.7g	4.1g
Sodium (mg)	980mg	161mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3720kJ (889Cal)	689kJ (165Cal)
Protein (g)	36.8g	6.8g
Fat, total (g)	44.9g	8.3g
- saturated (g)	17.8g	3.3g
Carbohydrate (g)	86.1g	16g
- sugars (g)	26.9g	5g
Sodium (mg)	1601mg	297mg

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.

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

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## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** 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, **25-30 minutes**.



## Cook the chicken

Wash and dry the pan, then return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until lightly browned and cooked through, **3-5 minutes** each side (depending on size). Remove from the heat and set aside.

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

### CUSTOM RECIPE

Before cooking the chicken, heat the pan as above. Cook the haloumi until golden brown, 1-2 minutes each side. Transfer to a plate lined with paper towel. Continue with step.

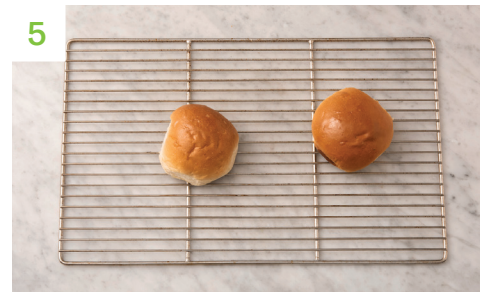


## Get prepped

While the fries are baking, thinly slice the **onion**. Thinly slice the **tomato**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken**, season with **salt** and **pepper** and turn to coat. Set aside.

### CUSTOM RECIPE

If you've added haloumi to your meal, slice the haloumi in half crossways to get 1 thin steak per person.



## Heat the burger buns

Bake the **burger buns** directly on a wire oven rack until heated through, **3 minutes**.



## Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** until softened, **5-6 minutes**. Add the **brown sugar**, **balsamic vinegar** and the **warm water** and cook until dark and sticky, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



## Serve up

Slice the burger buns in half, then spread the base with **dill & parsley mayonnaise**. Top with the chicken, tomato, caramelized onion and some **mixed leaves**. Serve with the fries.

### CUSTOM RECIPE

Add the haloumi to the burger.

## Enjoy!