

Classic Chicken & Herby Mayo 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

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.

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

*Pantry Items

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

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

Preheat oven to **240°C/220°C fan-forced**. Cut **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**.

Little cooks: Kids can help with sprinkle over the seasoning and tossing the fries.



Get prepped

Meanwhile, thinly slice **onion** and **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 **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and **pepper** and turn to coat. Set aside.



Caramelize the onion

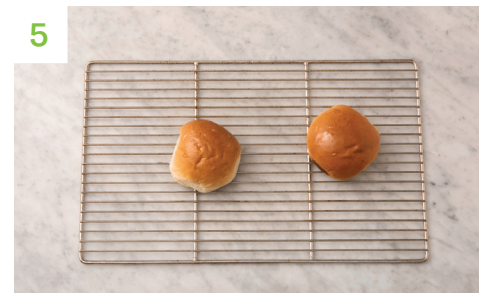
In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until softened, **5-6 minutes**. Add the **brown sugar**, **balsamic vinegar** and the **warm water**, cook until dark and sticky, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



Cook the chicken

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

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



Heat the burger buns

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



Serve up

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

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

Enjoy!