



Classic Chicken & Dill-Parsley Burger with Caramelised Onion & Fries

CUSTOMER FAVOURITE

KID FRIENDLY

Grab your Meal Kit
with this symbol



Potato



Onion



Tomato



Aussie Spice Blend



Burger Buns



Dill & Parsley Mayonnaise



Cos Lettuce



Chicken Breast



Haloumi/
Grill Cheese

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

High Protein

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
cos lettuce	½ head	1 head
dill & parsley mayonnaise	1 medium packet	1 large packet
haloumi/ grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3233kJ (772Cal)	530kJ (126Cal)
Protein (g)	47.3g	7.8g
Fat, total (g)	28g	4.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	84g	13.8g
- sugars (g)	23.7g	3.9g
Sodium (mg)	980mg	161mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4479kJ (1070Cal)	640kJ (152Cal)
Protein (g)	69.2g	9.9g
Fat, total (g)	50.6g	7.2g
- saturated (g)	19.5g	2.8g
Carbohydrate (g)	86.1g	12.3g
- sugars (g)	25.9g	3.7g
Sodium (mg)	1700mg	243mg

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.

We're here to help!

Scan here if you have any questions or concerns

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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 sprinkling over the salt and tossing the fries.



Cook the chicken

- Wipe out the pan, then 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.

Custom Recipe: Before cooking the chicken, heat the pan as above. Cook haloumi until golden brown, 1-2 minutes each side. Set aside on a paper towel-lined plate. Continue with step.



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.

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

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



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**.



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** and cook until dark and sticky, **4-5 minutes**. Transfer to a bowl and cover to keep warm.



Serve up

- Shred **cos lettuce** (see ingredients).
- Spread base of burger buns with **dill & parsley mayonnaise**.
- Top with some chicken, tomato, caramelised onion and cos lettuce.
- Serve with fries. Enjoy!

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

Custom Recipe: Add the haloumi to the burger.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate