



# Classic Chicken & Dill-Parsley Burger

with Caramelised Onion & Fries

CUSTOMER FAVOURITE

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Onion



Cucumber



Aussie Spice Blend



Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Chicken Breast



Haloumi/ Grill Cheese

### Keep an eye out...

Due to recent sourcing challenges, we've replaced tomato with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

### Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

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 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.

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
<b>brown sugar*</b>	1 tbs	2 tbs
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>warm water*</b>	½ tbs	1 tbs
burger buns	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
haloumi/ grill cheese**	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)	23.7g	3.9g
Sodium (mg)	980mg	161mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4479kJ (1071Cal)	640kJ (153Cal)
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](https://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



1



## 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.

4



## 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.

2



## Get prepped

- Meanwhile, thinly slice **onion** and **cucumber**.
- 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 steak per person.

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**.

3



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

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## Serve up

- Spread base of burger buns with **dill & parsley mayonnaise**.
- Top with some chicken, cucumber, caramelized onion and **mixed salad leaves**.
- 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](https://hellofresh.co.nz/rate)