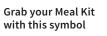


Classic Chicken & Dill-Parsley Burger

with Caramelised Onion & Fries

CUSTOMER FAVOURITE

KID FRIENDLY













Cucumber







Burger Buns







Mixed Salad



Chicken Breast

Leaves



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.



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	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		
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 medium packet	1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
haloumi/ grill cheese**	1 packet	2 packets		
mayonnaise mixed salad leaves haloumi/	1 small bag	1 medium bag		

^{*}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
Overhale Brister		

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 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.



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.



Caramelise 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.



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.



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.



Serve up

- Spread base of burger buns with dill & parsley mayonnaise.
- Top with some chicken, cucumber, caramelised 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