



Portuguese-Style Chicken Burger

with Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Lemon



Garlic



Smoked Paprika



Chilli Flakes (Optional)



Chicken Breast



Shredded Cheddar Cheese



Burger Buns



Garlic Aioli



Mixed Salad Leaves



Hands-on: **25-35** mins
Ready in: **35-45** mins



Eat me early



Spicy (optional chilli flakes)

These burgers are jam-packed with delicious flavours, from the juicy Portuguese-style chicken to the creamy lemon aioli and sweet caramelised onion. You'll never settle for a takeaway burger again!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
red onion	1 (medium)	1 (large)
tomato	1	2
lemon	½	1
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	4 tsp
brown sugar* (for the onion)	2 tsp	4 tsp
garlic	1 clove	2 cloves
salt*	¼ tsp	½ tsp
smoked paprika	1 sachet	1 sachet
brown sugar* (for the chicken)	1 tsp	2 tsp
chilli flakes (optional)	pinch	pinch
chicken breast	1 packet	1 packet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
burger buns	2	4
garlic aioli	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	572kJ (137Cal)
Protein (g)	55.6g	8.3g
Fat, total (g)	38.3g	5.7g
- saturated (g)	12.8g	1.9g
Carbohydrate (g)	79.8g	11.9g
- sugars (g)	16.5g	2.5g
Sodium (mg)	1190mg	178mg

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.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, separate across two trays.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



4. Cook the chicken

Wash the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **chicken** and cook until lightly browned and cooked through, **2-4 minutes** each side (depending on size). Sprinkle over the **shredded Cheddar cheese** and cover with a lid or foil. Reduce the heat to medium and cook until the cheese has melted, **2-3 minutes**. Transfer to a plate to rest.

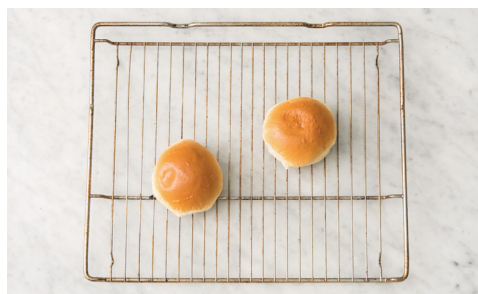
TIP: The sugar in the marinade may caramelize slightly in the pan – this adds to the flavour!

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



2. Caramelize the onion

While the fries are baking, thinly slice the **red onion**. Thinly slice the **tomato** into rounds. Slice the **lemon** (see ingredients list) into wedges. In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water** and **brown sugar** (for the onion) and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



5. Heat the burger buns

Place the **burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**. In a small bowl, combine the **garlic aioli** with a **squeeze** of **lemon juice**.



3. Flavour the chicken

While the onion is cooking, finely chop the **garlic** (or use a garlic press). In a medium bowl, combine the **salt**, **garlic**, **smoked paprika**, **brown sugar** (for the chicken), a **small squeeze** of **lemon juice**, a **drizzle** of **olive oil** and a **pinch** of **chilli flakes** (if using). Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Add the **chicken** to the marinade and toss to coat. Set aside.



6. Serve up

Slice the burger buns in half. Spread the base of the buns with the lemon aioli and top with the Portuguese chicken, caramelised onion, **mixed salad leaves** and tomato. Serve with the fries and any remaining lemon wedges.

Enjoy!