



# Portuguese-Style Chicken Burger

with Oven-Baked Fries & Lemon Aioli

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Lemon



Garlic



Smoked Paprika



Chilli Flakes (Optional)



Chicken Breast



Butter Burger Buns



Smokey Aioli



Mixed Salad Leaves



Haloumi

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

Spicy (optional chilli flakes)

Eat me early

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

## Ingredients

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

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3331kJ (796Cal) | 520kJ (124Cal) |
| Protein (g)      | 44.5g           | 6.9g           |
| Fat, total (g)   | 32.7g           | 5.1g           |
| - saturated (g)  | 7.1g            | 1.1g           |
| Carbohydrate (g) | 78.6g           | 12.3g          |
| - sugars (g)     | 15.7g           | 2.5g           |
| Sodium (mg)      | 772mg           | 121mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4681kJ (1118Cal) | 632kJ (151Cal) |
| Protein (g)      | 67.5g            | 9.1g           |
| Fat, total (g)   | 57.7g            | 7.8g           |
| - saturated (g)  | 24.1g            | 3.3g           |
| Carbohydrate (g) | 80.6g            | 10.9g          |
| - sugars (g)     | 16.7g            | 2.3g           |
| Sodium (mg)      | 1972mg           | 266mg          |

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW21



## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until lightly browned and cooked through, **2-4 minutes** each side (depending on size). 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.

## CUSTOM RECIPE

When the chicken is done, cook the haloumi until browned, 1-2 minutes each side. Remove from the heat.



## Caramelize the onion

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



## Bake the burger buns

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



## Flavour the chicken

While the onion is cooking, finely chop the **garlic**. 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.

## CUSTOM RECIPE

Cut the haloumi into 1cm-thick slices.



## Serve up

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

## CUSTOM RECIPE

Add the haloumi slices to the burger.

Enjoy!