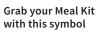


Supreme Chicken Burger & Wedges with Caramelised Bacon & Onion

NEW

KID FRIENDLY













Tomato

Chicken Breast



Aussie Spice



Diced Bacon

Blend

Burger Buns





Mixed Salad Leaves





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

We believe everyone needs a bite of this chicken burger because it has all the drapings like bacon and sweet caramelised onion. Every burger also needs it's life long partner alongside it on the plate - golden wedges.

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
diced bacon	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet	1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
3522kJ (842Cal)	550kJ (131Cal)
55.2g	8.6g
34.1g	5.3g
10.5g	1.6g
78.9g	12.3g
18.3g	2.9g
1365mg	213mg
	3522kJ (842Cal) 55.2g 34.1g 10.5g 78.9g 18.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4107kJ (981Cal)	595kJ (142Cal)
Protein (g)	63.1g	9.1g
Fat, total (g)	46.2g	6.7g
- saturated (g)	14.9g	2.2g
Carbohydrate (g)	79g	11.4g
- sugars (g)	18.3g	2.7g
Sodium (mg)	1764mg	256mg

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.



Bake the wedges

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



Get prepped

- While the wedges are baking, thinly slice onion.
 Thinly slice tomato into rounds.
- Place your hand flat on top of 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. Season with salt and pepper, then add chicken and turn to coat.

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



Caramelise the onion & bacon

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon and onion, stirring, until softened, 5-6 minutes.
- Reduce the heat to medium. Add the balsamic vinegar, brown sugar and a splash of water and mix well. Cook until dark and sticky,
 3-5 minutes. Transfer to a small bowl.

Custom Recipe: If you've doubled your diced bacon, cook in batches for best results. Return all bacon to the pan and continue with step.



Cook the chicken

 Wash and dry the frying pan, then return to medium-high heat with a drizzle of olive oil.
 When oil is hot, cook chicken until browned and cooked through, 3-6 minutes each side (depending on thickness).

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



Bake the burger buns

 Meanwhile, halve burger buns and bake directly on a wire oven rack until heated through,
 2-3 minutes.



Serve up

- Spread bases of burger buns with some mayonnaise. Top with chicken, caramelised bacon and onion, mixed salad leaves and tomato.
- · Serve with wedges. Enjoy!

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

