



Supreme Chicken Burger & Wedges

with Caramelised Bacon & Onion

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Onion



Tomato



Chicken Breast



Aussie Spice Blend



Diced Bacon



Burger Buns



Mayonnaise



Mixed Salad Leaves



Diced Bacon

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

Eat Me Early

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

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

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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3522kJ (842Cal)	550kJ (131Cal)
Protein (g)	55.2g	8.6g
Fat, total (g)	34.1g	5.3g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	78.9g	12.3g
- sugars (g)	18.3g	2.9g
Sodium (mg)	1365mg	213mg

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.

We're here to help!

Scan here if you have any questions or concerns



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1



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**.

4



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.*

2



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!*

5



Bake the burger buns

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

3



Caramelize 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.

6



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!*

Rate your recipe

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