



Herby Chicken Burger & Sweet Potato Fries

with Caramelised Onion & Creamy Pesto

CUSTOMER FAVOURITE

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Baby Spinach Leaves



Chicken Breast



Italian Herbs



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Pop some hand cut sweet potato fries in the oven, dress up chicken breast with Italian herbs, caramelise some onions, and consider your burger night sorted! Don't forget to spread some creamy pesto on the buns - it really ties all the lovely flavours together.

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
sweet potato	2	4
brown onion	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
chicken breast	1 small packet	2 small packets OR 1 large packet
Italian herbs	½ medium sachet	1 medium sachet
balsamic vinegar* (for the onion)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
balsamic vinegar* (for the salad)	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3454kJ (826Cal)	529kJ (126Cal)
Protein (g)	46.7g	7.2g
Fat, total (g)	32.4g	5g
- saturated (g)	6.8g	1g
Carbohydrate (g)	82.7g	12.7g
- sugars (g)	23.5g	3.6g
Sodium (mg)	591mg	91mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3842kJ (918Cal)	551kJ (132Cal)
Protein (g)	53.6g	7.7g
Fat, total (g)	39.1g	5.6g
- saturated (g)	9.3g	1.3g
Carbohydrate (g)	83.4g	12g
- sugars (g)	24g	3.4g
Sodium (mg)	1022mg	146mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Bake the sweet potato fries

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

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-5 minutes** each side (depending on thickness).
- Transfer to a plate. Cover to keep warm.

TIP: Cook the chicken in batches if your pan is getting crowded. The chicken is cooked through when it's no longer pink inside.

2



Prep the veggies

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **tomato** into half-moons.
- In a large bowl, combine half the **tomato** and half the **baby spinach leaves**. Set aside.

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

5



Caramelize the onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.
- Add a drizzle of the **balsamic vinegar (for the salad)** and **olive oil** to the salad. Toss to coat, then season to taste.

Custom Recipe: If you've added diced bacon, cook diced bacon with the onion, breaking up with a spoon, until golden, 5-6 minutes. Continue as above.

3



Prep the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a large bowl, combine **Italian herbs (see ingredients)** and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **chicken**, turning to coat.

6



Serve up

- Spread burger bun bases with a layer of **creamy pesto dressing**.
- Top with herby chicken, caramelised onion and remaining tomato and baby spinach leaves.
- Serve with sweet potato fries and salad. Enjoy!

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

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