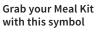


# Aussie-Spiced Chicken & Bacon Burger with Caramelised Onion & Sweet Potato Wedges

CUSTOMER FAVOURITE

HALL OF FAME

KID FRIENDLY











Sweet Potato





Tomato





Chicken Breast



Aussie Spice



Diced Bacon

Blend



Bake-At-Home



Dill & Parsley

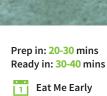
Burger Buns

Mayonnaise



Mixed Salad Leaves





This caramelised onion and bacon concoction is the star of this burger. Slather it onto juicy chicken steaks and pile high salad, tomato and herby mayo and you've found yourself your new go-to burger number!



## **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

## Ingradients

| ingi edients                 |                   |                                      |  |
|------------------------------|-------------------|--------------------------------------|--|
|                              | 2 People          | 4 People                             |  |
| olive oil*                   | refer to method   | refer to method                      |  |
| sweet potato                 | 2                 | 4                                    |  |
| brown onion                  | 1                 | 2                                    |  |
| tomato                       | 1                 | 2                                    |  |
| chicken breast               | 1 small packet    | 2 small packets<br>OR 1 large packet |  |
| Aussie spice<br>blend        | 1 sachet          | 2 sachets                            |  |
| balsamic<br>vinegar*         | 1 tbs             | 2 tbs                                |  |
| brown sugar*                 | 1 tsp             | 2 tsp                                |  |
| diced bacon                  | 1 packet<br>(90g) | 1 packet<br>(180g)                   |  |
| bake-at-home<br>burger buns  | 2                 | 4                                    |  |
| dill & parsley<br>mayonnaise | 1 medium packet   | 1 large packet                       |  |
| mixed salad<br>leaves        | 1 small bag       | 1 medium bag                         |  |
| diced bacon**                | 1 packet<br>(90g) | 1 packet<br>(180g)                   |  |
|                              |                   |                                      |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3743kJ (895Cal) | 540kJ (129Cal) |
| Protein (g)      | 55.7g           | 8g             |
| Fat, total (g)   | 34.1g           | 4.9g           |
| - saturated (g)  | 8g              | 1.2g           |
| Carbohydrate (g) | 87.2g           | 12.6g          |
| - sugars (g)     | 26.3g           | 3.8g           |
| Sodium (mg)      | 1325mg          | 191mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g              |
|------------------|-----------------|-----------------------|
| Energy (kJ)      | 4131kJ (987Cal) | <b>559kJ</b> (134Cal) |
| Protein (g)      | 62.6g           | 8.5g                  |
| Fat, total (g)   | 40.9g           | 5.5g                  |
| - saturated (g)  | 10.5g           | 1.4g                  |
| Carbohydrate (g) | 88g             | 11.9g                 |
| - sugars (g)     | 26.8g           | 3.6g                  |
| Sodium (mg)      | 1756mg          | 238mg                 |

The quantities provided above are averages only.

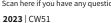
## Allergens

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





# Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into wedges.
- · Place wedges 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 wedges between two trays.



# Get prepped

- While the wedges are baking, thinly slice brown onion. Thinly slice tomato into rounds.
- Place your hand flat on top of each 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 toss to coat.

**Little cooks:** Help toss the chicken in the spice blend and oil!



## Caramelise the onion

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



# Cook the chicken & bacon

- Wipe out frying pan and return to medium heat, heat a drizzle of **olive oil**. When oil is hot, cook chicken, until lightly browned and cooked through, 3-6 minutes each side (depending on thickness). Transfer to a plate to rest and cover to keep warm.
- Return frying pan to medium-high heat. Cook diced bacon, tossing, until golden, 4-6 minutes.
- · Stir bacon through the caramelised onion.

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

Custom Recipe: If you've doubled your diced bacon, cook bacon for an extra 2-3 minutes.



# Bake the burger buns

· While the bacon is cooking, halve bake-at-home burger buns and bake directly on a wire oven rack in the oven, until heated through, 2-3 minutes.



# Serve up

- · Spread the burger bases with dill & parsley mavonnaise.
- Top with Aussie-spiced chicken, caramelised onion-bacon mixture, mixed salad leaves and tomato.
- Serve with sweet potato wedges. Enjoy!

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

