

Chicken & Onion-Bacon Jam Burger

with Sweet Potato Wedges & Dill-Parsley Mayo

KID FRIENDLY

AIR FRYER FRIENDLY



Grab your meal kit with this number





Sweet Potato





Tomato







Aussie Spice



Blend



Bake-At-Home



Dill & Parsley

Mayonnaise

Burger Buns







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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Air fryer or oven tray lined with baking paper \cdot 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
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
diced bacon	1 medium packet	1 large packet
bake-at-home burger buns	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885cal)	309kJ (74cal)
Protein (g)	58.4g	4.9g
Fat, total (g)	31.6g	2.6g
- saturated (g)	7.3g	0.6g
Carbohydrate (g)	87.4g	7.3g
- sugars (g)	26.3g	2.2g
Sodium (mg)	1320mg	110mg
Dietary Fibre (g)	13.7g	1.1g

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.



Cook the sweet potato wedges

- Cut sweet potato into wedges.
- Set air fryer to 200°C.
- Place wedges into the air fryer basket. Drizzle with olive oil, season with salt and toss to coat. Cook for 15 minutes. Shake the basket, then cook until golden, a further 10-15 minutes. Divide between serving plates.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place wedges 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 & bacon

- Wipe out frying pan and return to medium heat, with 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, breaking up with a spoon, until golden, 4-6 minutes.
- Stir **bacon** through the caramelised onion.

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



Get prepped

- While the wedges are cooking, 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, brown sugar and a splash of water and mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.



Bake the burger buns

 Once sweet potato wedges are done, halve bake-at-home burger buns then place in air fryer basket and cook until heated through, 2-3 minutes.

TIP: No air fryer? Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



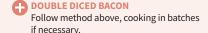
Serve up

- Spread the burger bases with dill & parsley mayonnaise.
- Top with chicken, caramelised onion-bacon jam, mixed salad leaves and tomato.
- Serve with sweet potato wedges. Enjoy!

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



ADD CHEDDAR CHEESE
Sprinkle over buns before warming.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

