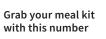


# Chicken & Bacon Jam Burger with Sweet Potato Wedges & Dill-Parsley Mayo

KID FRIENDLY

AIR FRYER FRIENDLY







Sweet Potato





Tomato



Chicken Breast



**Aussie Spice** 



Blend



Bake-At-Home



Dill & Parsley

**Burger Buns** 



Mixed Salad Leaves





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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
red 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 sweet potato 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.



#### Get prepped

- While the wedges are cooking, thinly slice red 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.



## Cook the chicken and 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.



## Bake the burger buns

 Once sweet potato wedges are done, halve bake-at-home burger buns then place in the 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.



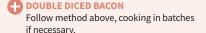
#### Serve up

- 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!







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

