



# Chicken & Bacon Jam Burger

with Sweet Potato Wedges & Dill-Parsley Mayo

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

4



Sweet Potato



Red Onion



Tomato



Chicken Breast



Aussie Spice Blend



Diced Bacon



Bake-At-Home Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Cheddar Cheese



Diced Bacon

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

Eat Me Early

This caramelised onion and bacon jam concoction is the star of this burger. Slather it onto juicy chicken steaks and pile high the 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 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 · Large frying pan

## Ingredients

|                           | 2 People        | 4 People                              |
|---------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>         | 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<br>OR 1 large packet |
| Aussie spice blend        | 1 medium sachet | 2 medium sachets                      |
| <b>balsamic vinegar*</b>  | 1 tbs           | 2 tbs                                 |
| <b>brown sugar*</b>       | 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](https://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

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## 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.



## 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.



## 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!



## 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.



## Caramelize 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.



## 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!

### CUSTOM OPTIONS

**+ ADD CHEDDAR CHEESE**  
Sprinkle over buns before warming.

**+ DOUBLE DICED BACON**  
Follow method above, cooking in batches if necessary.

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

