

Herby Chicken Burger & Garlic Hummus

with Caramelised Onion & Sweet Potato Fries

FEEL-GOOD TAKEAWAY

AIR FRYER FRIENDLY

Grab your meal kit with this number

27



Sweet Potato



Red Onion



Garlic



Chicken Breast



Garlic & Herb Spice Blend



Hummus



Bake-At-Home Burger Buns



Tomato



Mixed Salad Leaves



Chicken Breast



Beef Rump

Prep in: 25-35 mins
Ready in: 30-40 mins

 Protein Rich

 Eat Me Early

Did you say hummus for burger night? The answer is yes and we can't wait to take a big bite out of a herby chicken burger, layered with hummus and pickled onion. If you have any garlic hummus leftover, feel free to dip the sweet potato fries in for some fun!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Honey

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
olive oil*	refer to method	refer to method
sweet potato	2	4
red onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb spice blend	1 medium sachet	1 large sachet
hummus	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
bake-at-home burger buns	2	4
tomato	1	2
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3052kJ (729Cal)	463kJ (110Cal)
Protein (g)	53.1g	8.1g
Fat, total (g)	14.9g	2.3g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	90.2g	13.7g
- sugars (g)	27.2g	4.1g
Sodium (mg)	1114mg	169mg
Dietary Fibre (g)	16.7g	2.5g

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

2024 | CW48



Bake the sweet potato fries

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

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Prepare sweet potato as above. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.



Cook the chicken

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until browned and cooked through (when no longer pink inside), **3-5 minutes** each side.
- Remove pan from heat, then add the **honey** and turn **chicken** to coat.



Caramelize the onion

- While the fries are baking, thinly slice **red onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring 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.



Heat the buns

- Halve **bake-at-home burger buns**.
- Once fries are done, place **buns** in the air fryer basket and cook until heated through, **2-3 minutes**.
- Thinly slice **tomato**.

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



Get prepped

- Finely chop **garlic**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **garlic & herb spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, stirring until fragrant, **1 minute**.
- Transfer **garlic oil** to a second small bowl, then add **hummus** and stir to combine. Season with **salt** and **pepper**, then set aside.



Serve up

- Spread burger bases with some garlic hummus.
- Top with herby chicken, tomato, some **mixed salad leaves** and caramelised onion.
- Serve with sweet potato fries. Enjoy!

CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

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

