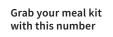


# Herby Chicken Burger & Garlic Hummus with Caramelised Onion & Sweet Potato Fries

FEEL-GOOD TAKEAWAY

AIR FRYER FRIENDLY









Sweet Potato



Chicken Breast



Garlic & Herb Spice Blend



Bake-At-Home Burger Buns

Tomato



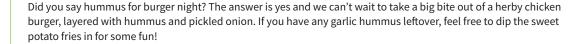
Mixed Salad Leaves





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





#### **Pantry items**

### 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
red onion	1/2	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.



### 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.



### Caramelise 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.



# 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.



### 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.

if necessary.



### 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.



# 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!









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.

