



# Seared Sticky Chicken Burger

with Seasoned Sweet Potato Rounds & Garlic Sauce

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

27



Sweet Potato



Tomato



Chicken Breast



Aussie Spice Blend



Everything Garnish



Bake-At-Home Burger Buns



Mixed Salad Leaves



Garlic Sauce



Beef Rump



Chicken Breast

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

Protein Rich

Eat Me Early

Enjoy seared sticky chicken and tasty sweet potato rounds sprinkled with our new 'everything garnish' seasoning and you'll have a meal that deserves all the hype it gets!

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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

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
tomato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	½ tbs	1 tbs
everything garnish	1 sachet	2 sachets
bake-at-home burger buns	2	4
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3021kJ (722cal)	537kJ (95cal)
Protein (g)	52.3g	9.3g
Fat, total (g)	18.9g	3.4g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	81.1g	14.4g
- sugars (g)	17.7g	3.1g
Sodium (mg)	1242mg	220.6mg
Dietary Fibre (g)	12.2g	2.2g

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.

1



## Bake the sweet potato rounds

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into 0.5cm-thick rounds.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the sweet potato between two trays.

4



## Heat the buns

- While chicken is cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



## Get prepped

- Meanwhile, slice **tomato** into thin 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**. Add **chicken**, turning to coat.

5



## Dress the salad leaves

- In a second medium bowl, combine **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Cook the chicken

- When fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken steaks** until browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and sprinkle over half the **everything garnish**, turning **chicken** to coat.

**TIP:** Chicken is cooked when it is no longer pink inside.

6



## Serve up

- To the tray with sweet potato rounds, sprinkle with remaining everything garnish, tossing to coat.
- Spread burger bun bases with **garlic sauce**.
- Top with seared sticky chicken, tomato and salad leaves.
- Serve with seasoned sweet potato rounds. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

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



#### DOUBLE CHICKEN BREAST

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.

