



Herby Chicken Fillet Burger

with Cheesy Sweet Potato Fries

TAKEAWAY FAVES

Grab your meal kit with this number

3



Sweet Potato



Cheddar Cheese



Tomato



Chicken Breast



Garlic & Herb Seasoning



Bake-At-Home Burger Buns



Smokey Aioli



Mixed Salad Leaves



Haloumi



Chicken Breast

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

Eat Me Early

Get ready to sink your teeth into this knockout burger. With a juicy, herby chicken breast and with a side of cheesy sweet potato fries, dinner tonight has been sorted!

Pantry items

Olive Oil

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
olive oil*	refer to method	refer to method
sweet potato	2	4
Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 sachet	2 sachets
bake-at-home burger buns	2	4
smokey aioli	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (792Cal)	580kJ (138Cal)
Protein (g)	54.5g	9.5g
Fat, total (g)	28.3g	5g
- saturated (g)	9.3g	1.6g
Carbohydrate (g)	75.5g	13.2g
- sugars (g)	20g	3.5g
Sodium (mg)	1212mg	212mg
Dietary Fibre (g)	15.4g	2.7g

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.

1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20 minutes**.
- Remove from oven. Sprinkle with **Cheddar cheese** and bake until golden, **5 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Get prepped

- Meanwhile, thinly slice **tomato** into rounds.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.

3



Flavour the chicken

- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a generous pinch of **salt**. Add **chicken**, turning to coat.

4



Cook the chicken

- When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan 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).

TIP: The chicken is cooked when it is no longer pink inside.

5



Bake the burger buns

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

6



Serve up

- Spread burger buns with **smokey aioli**.
- Top with chicken, **mixed salad leaves** and tomato slices.
- Serve with cheesy sweet potato fries. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



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.

