



# Herby Chicken Burger & Sweet Potato Fries

with Caramelised Onion & Creamy Pesto

KID FRIENDLY

Grab your meal kit with this number

40



Sweet Potato



Brown Onion



Tomato



Baby Spinach Leaves



Chicken Breast



Italian Herbs



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Pop some hand-cut sweet potato fries in the oven, dress up chicken breast with Italian herbs, caramelize some onions and consider your burger night sorted! Don't forget to spread some creamy pesto on the buns - it really ties all the lovely flavours together.

### 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

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
brown onion	1	2
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Italian herbs	½ medium sachet	1 medium sachet
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home burger buns	2	4
<b>balsamic vinegar*</b> (for the salad)	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3362kJ (803Cal)	515kJ (123Cal)
Protein (g)	50.4g	7.7g
Fat, total (g)	30.3g	4.6g
- saturated (g)	6.3g	1g
Carbohydrate (g)	77.8g	11.9g
- sugars (g)	24.2g	3.7g
Sodium (mg)	660mg	101mg
Dietary Fibre (g)	14.2g	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 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 tender, **20-25 minutes**.

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

2



## Prep the veggies

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **tomato** into half-moons.
- In a large bowl, combine half the **tomato** and half the **baby spinach leaves**. Set aside.

**Little cooks:** Don your goggles and have a go at peeling off the onion's outer layer!

3



## Prep the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a second large bowl, combine **Italian herbs** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **chicken**, turning to coat.

4



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until browned and cooked through, **3-5 minutes** each side (depending on thickness).
- Transfer to a plate. Cover to keep warm.

**TIP:** Cook the chicken in batches if your pan is getting crowded. The chicken is cooked through when it's no longer pink inside.

5



## Caramelise the onion

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

6



## Serve up

- To the salad, add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat, then season to taste.
- Spread burger bun bases with layer of **creamy pesto dressing**.
- Top with herby chicken, some caramelised onion and remaining tomato and baby spinach leaves.
- Serve with sweet potato fries and salad. Enjoy!

**Little cooks:** Take the lead and help build the burgers.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



### CUSTOM OPTIONS



#### ADD PARMESAN CHEESE

Sprinkle over buns before warming to melt.



#### ADD DICED BACON

Cook with the onion, breaking up with a spoon, until golden, 5-6 minutes.

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

