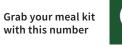


KID FRIENDLY













Sweet Potato







Baby Spinach

Leaves

Tomato





Italian Herbs

Chicken Breast

Bake-At-Home



Creamy Pesto

Dressing

Burger Buns

Parmesan Cheese





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
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
balsamic vinegar* (for the onion)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
balsamic vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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!



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.



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.



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.



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.









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.

