



Aussie Spiced Chicken Burger

with Caramelised Onion & Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Red Onion



Tomato



Chicken Breast



Aussie Spice Blend



Bake-At-Home Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat Me Early

There's nothing quite like a perfectly spiced chicken breast to cheer you up – that's just simple science. Pop it in a brioche-style bun with caramelised onion and crisp veggies, then add a side of crispy sweet potato wedges for an unbeatable dinner combo.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	1	2
tomato	1	2
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 sachet	2 sachets
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
bake-at-home burger buns	2	4
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (788Cal)	508kJ (121Cal)
Protein (g)	50.6g	7.8g
Fat, total (g)	25.8g	4g
- saturated (g)	5.6g	0.9g
Carbohydrate (g)	82.1g	12.7g
- sugars (g)	27.7g	12.7g
Sodium (mg)	985mg	152mg

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 wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into wedges and place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.



Cook the chicken

Wipe out the frying pan and heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **chicken** until lightly browned and cooked through, **2-4 minutes** each side (depending on size). Transfer to a plate to rest.

TIP: *The chicken is cooked through when it's no longer pink inside.*



Get prepped

While the wedges are baking, thinly slice the **red onion**. Thinly slice the **tomato** into rounds. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **chicken** and toss to coat.



Bake the burger buns

Place the **burger buns** on a wire rack in the oven and bake until heated through, **3 minutes**.



Caramelise the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium and add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Serve up

Slice the burger buns in half. Spread the base of the buns with the **dill & parsley mayonnaise** and top with the Aussie spiced chicken, caramelised onion, **mixed salad leaves** and tomato. Serve with the sweet potato wedges.

Enjoy!