



Aussie-Spiced Chicken Burger

with Caramelised Onion & Sweet Potato Wedges

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Chicken Breast



Aussie Spice Blend



Burger Bun



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Diced Bacon

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

Eat Me Early

There's nothing quite like a good burger to cheer you up – that's just simple science. Pop the perfectly spiced chicken breast in a brioche-style charcoal burger bun along with caramelised onion and crisp veggies, then serve with hand cut wedges for an unbeatable dinner combo.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

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
chicken breast	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
burger bun	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2877kJ (688Cal)	462kJ (110Cal)
Protein (g)	45.8g	7.3g
Fat, total (g)	23.4g	3.8g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	72.5g	11.6g
- sugars (g)	25.7g	4.1g
Sodium (mg)	878mg	141mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3266kJ (781Cal)	489kJ (117Cal)
Protein (g)	52.5g	7.9g
Fat, total (g)	30.3g	4.5g
- saturated (g)	5.7g	0.9g
Carbohydrate (g)	73.4g	11g
- sugars (g)	26.3g	3.9g
Sodium (mg)	1310mg	196mg

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 wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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

2



Get prepped

- Meanwhile, thinly slice **brown onion**. Thinly slice **tomato** into rounds. Set aside.
- 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**. Season with **salt** and **pepper**, then add **chicken**, turning to coat.

Little cooks: Help toss the chicken in the seasoning!

3



Caramelize the onion

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

Custom Recipe: If you've added diced bacon, cook bacon with onion, breaking bacon up with a spoon, until golden, 5-6 minutes.

4



Cook the chicken

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

TIP: Chicken is cooked through when it's no longer pink inside.

5



Bake the burger buns

- Halve **burger buns**, then bake directly on a wire rack in the oven, until heated through, **2-3 minutes**.

6



Serve up

- Spread the burger buns with **dill & parsley mayonnaise**. Top with Aussie-spiced chicken, caramelized onion, **mixed salad leaves** and tomato slices.
- Serve with wedges. 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



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