



Herby Chicken Burger & Sweet Potato Fries

with Caramelised Onion & Creamy Pesto

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Salad Leaves



Italian Herbs



Bake-At-Home Burger Buns



Chicken Breast



Creamy Pesto Dressing

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, caramelise 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

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

One 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
salad leaves	1 small bag	1 medium bag
chicken breast	1 small packet	1 large packet
Italian herbs	½ medium sachet	1 medium sachet
balsamic vinegar*	1 tbs	2 tbs
<i>(for the onion)</i>		
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
balsamic vinegar*	drizzle	drizzle
<i>(for the salad)</i>		
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3448kJ (824Cal)	528kJ (126Cal)
Protein (g)	47.3g	7.2g
Fat, total (g)	31.8g	4.9g
- saturated (g)	6.6g	1g
Carbohydrate (g)	82.7g	12.7g
- sugars (g)	23.6g	3.6g
Sodium (mg)	579mg	89mg

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.

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2022 | CW51



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place 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.

4



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until 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.

2



Prep the veggies

- Meanwhile, thinly slice **brown onion**. Thinly slice **tomato** into half-moons.
- In a large bowl, combine 1/2 the **tomato** and 1/2 the **salad leaves**. Set aside.

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

5



Bring it all together

- Return 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 rack until heated through, **2-3 minutes**.
- Add a drizzle of **balsamic vinegar (for the salad)** and **olive oil** to the **salad**. Toss to coat, then season to taste.

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 large bowl, combine **Italian herbs** (see ingredients) and a drizzle of **olive oil**. Season with **salt** and **pepper**.
- Add **chicken**, turning to coat.



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6



Serve up

- Slice burger buns in half, then spread a layer of **creamy pesto dressing** over the bases.
- Top with herby chicken, caramelised onion and remaining tomato and salad leaves.
- Serve with sweet potato fries and salad. Enjoy!

Little cooks: Take the lead and help build the burgers!

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