



# Supreme Chicken Burger & Wedges

with Caramelised Bacon & Beetroot Relish

KIWI FLAVOURS

KID FRIENDLY

AIR FRYER FRIENDLY

Grab your meal kit with this number

3



Potato



Onion



Beetroot



Chicken Breast



Kiwi Spice Blend



Diced Bacon



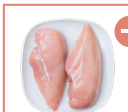
Burger Buns



Mayonnaise



Mixed Salad Leaves



Chicken Breast



Diced Bacon

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

Eat Me Early

It's the classic chicken burger swooping in to claim the best burger award tonight. It's spot on the podium is earned though, with aromatic spices cooked into the chicken, mouth-watering bacon and a sweet caramelised onion. What really outshines them all are the wedges, it's a winning combination!

### 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

Air fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
onion	½	1
beetroot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Kiwi spice blend	1 sachet	2 sachets
diced bacon	1 medium packet	2 medium packets OR 1 large packet
<b>balsamic vinegar*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	1 tbs	2 tbs
burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3694kJ (883Cal)	522kJ (125Cal)
Protein (g)	63.1g	8.9g
Fat, total (g)	32g	4.5g
- saturated (g)	9.8g	1.4g
Carbohydrate (g)	87.4g	12.4g
- sugars (g)	30.2g	4.3g
Sodium (mg)	1369mg	193mg
Dietary Fibre (g)	10.4g	1.5g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Cook the wedges

- Set your air fryer to **200°C**. Cut **potato** into wedges.
- Place **wedges** into the air fryer basket and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Cut potato into wedges, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



## Cook the chicken

- Wash and dry 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, **3-6 minutes** each side (depending on thickness).

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



## Get prepped

- While the wedges are cooking, thinly slice **onion** (see ingredients). Grate **beetroot**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Kiwi spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken** and turn to coat.

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



## Caramelize the bacon relish

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



## Bake the burger buns

- Meanwhile, halve **burger buns** and bake directly on an oven rack until heated through, **2-3 minutes**.



## Serve up

- Spread burger bases with some **mayonnaise**. Top with chicken, caramelised bacon and beetroot relish, and **mixed salad leaves**.
- 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

2024 | CW29



### CUSTOM OPTIONS



#### DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



#### DOUBLE DICED BACON

Follow method above, cooking in batches if necessary.

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

