



# Classic Chicken Burger

with Beetroot Relish & Fries

Grab your Meal Kit with this symbol



Potato



Red Onion



Beetroot



Chicken Breast



Aussie Spice Blend



Butter Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves

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

Eat Me Early

Bring a little flair to burger night by using classic flavours such as beetroot relish, Aussie spice blend and dill-parsley mayo to turn a tender chicken fillet into a filling supreme burger.

### Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar



## 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
potato	2	4
red onion	1 (medium)	1 (large)
beetroot	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
brown sugar*	1 tbs	2 tbs
balsamic vinegar*	2½ tbs	½ cup
warm water*	1 tbs	2 tbs
butter 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)	3522kJ (842Cal)	491kJ (117Cal)
Protein (g)	46.8g	6.5g
Fat, total (g)	31.5g	4.4g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	91.1g	12.7g
- sugars (g)	25.8g	3.6g
Sodium (mg)	1041mg	145mg

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.



### Bake the fries

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



### Cook the chicken

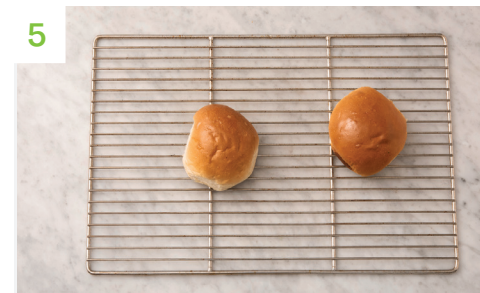
Wipe out the pan and return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until lightly browned and cooked through, **3-5 minutes** each side (depending on size). Remove from the heat and set aside.

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



### Get prepped

While the fries are baking, thinly slice the **red onion**. Grate the **beetroot**. 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**. Add the **chicken**, season with **salt** and **pepper** and turn to coat. Set aside.



### Heat the burger buns

Bake the **butter burger buns** directly on a wire oven rack until heated through, **3 minutes**.



### Make the beetroot relish

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion** and **beetroot** until softened, **5-6 minutes**. Add the **brown sugar**, **balsamic vinegar** and **warm water** and cook until dark and sticky, **4-5 minutes**. Transfer to a small bowl and cover to keep warm.



### Serve up

Slice the burger buns in half, then spread the base with the **dill & parsley mayonnaise**. Top with the chicken, beetroot relish and some **mixed salad leaves**. Serve with the fries.

Enjoy!