

Easy BBQ Chicken Burger & Onion Chutney

with Kumara Fries & Mayonnaise

Grab your Meal Kit with this symbol



Kumara



Tomato



Chicken Breast



Barbecue Seasoning



Onion Chutney



Burger Buns



Mayonnaise




Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **15-25** mins
Ready in: **30-40** mins

 Eat Me Early

Quick juicy chicken seasoned with a barbecue zap is a smoky dream come true for your taste buds. Place it between two buns, serve with vibrant kumara fries and glaze the chicken with an onion chutney to elevate these burgers to the next level.

Pantry items

Olive Oil

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
kumara	2 (medium)	2 (large)
tomato	1	2
chicken breast	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
onion chutney	1 packet (40g)	1 packet (80g)
burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	571kJ (136Cal)
Protein (g)	45.1g	8g
Fat, total (g)	27g	4.8g
- saturated (g)	6.8g	1.2g
Carbohydrate (g)	85.5g	15.1g
- sugars (g)	25.2g	4.5g
Sodium (mg)	1207mg	213mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the kumara fries

- Preheat oven to **220°C/200°C fan-forced**. Peel **kumara**, then cut into fries.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Add a dash of **water** to tray and roast until tender, **20-25 minutes**.

3



Cook the chicken

- When kumara fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **onion chutney** and a splash of **water**. Gently turn **chicken** to coat.

TIP: The chicken is cooked when it is no longer pink inside.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

2



Get prepped

- While kumara fries are baking, thinly slice **tomato**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **barbecue seasoning** and a drizzle of **olive oil**. Add **chicken**, season with **salt** and **pepper** and turn to coat. Set aside.

4



Serve up

- While chicken is cooking, bake **burger buns** directly on a wire oven rack until heated through, **3 minutes**.
- Slice burger buns in half, then spread base with **mayonnaise**. Top with BBQ chicken (plus any remaining glaze), some sliced tomato and **mixed leaves**.
- Serve with kumara fries and remaining mayo.

Enjoy!