



# Italian Cheesy Chicken Burger

with Caramelised Onion & Fries

Grab your Meal Kit with this symbol



Potato



Red Onion



Chicken Breast



Italian Herbs



Grated Parmesan Cheese



Burger Buns



Tomato



Dill & Parsley Mayonnaise



Mixed Salad Leaves

Hands-on: **35-45 mins**  
 Ready in: **40-50 mins**

Eat Me Early

Bring a little Italian flair to burger night by using classic flavours such as caramelised onion, Italian herbs, Parmesan and dill-parsley mayo to turn a tender chicken fillet into a filling supreme burger.

### 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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	½ tbs	1 tbs
chicken breast	1 packet	1 packet
Italian herbs	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
burger buns	2	4
tomato	1	2
dill & parsley	1 packet (50g)	1 packet (100g)
mayonnaise		
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3577kJ (855Cal)	567kJ (136Cal)
Protein (g)	51.9g	8.2g
Fat, total (g)	36.7g	5.8g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	80.3g	12.7g
- sugars (g)	21.9g	3.5g
Sodium (mg)	858mg	136mg

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, then place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



## Season the chicken

In a large bowl, combine the **Italian herbs** (see ingredients), the **salt** and a drizzle of **olive oil**. Add the **chicken**, then season with **pepper** and turn to coat.



## Caramelize the onion

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



## Cook the chicken

Wash and dry the frying pan, then return to a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if the pan is getting crowded). In the last **3 minutes** of cook time, sprinkle the **grated Parmesan cheese** over the **chicken** and cover with a lid (or foil) to melt the **cheese**. Remove from the heat and set aside. Meanwhile, bake the **burger buns** directly on a wire oven rack until heated through, **3 minutes**. Thinly slice the **tomato**.



## Prep the chicken

While the onion is cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



## Serve up

Slice the burger buns in half, then spread some **dill & parsley mayonnaise** over the base. Top with the cheesy chicken, caramelized onion, tomato and some **mixed salad leaves**. Serve with the fries.

## Enjoy!