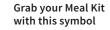


# Italian Cheesy Chicken Burger with Caramelised Onion & Fries











Potato



**Red Onion** 



Chicken Breast

Italian Herbs



**Grated Parmesan** Cheese

Burger Buns





Tomato

Dill & Parsley Mayonnaise



Mixed Salad Leaves



Olive Oil, Balsamic Vinegar, Brown Sugar



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



## 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  $\cdot$  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*                        | 1/4 tsp           | ½ tsp              |
| grated Parmesan<br>cheese    | 1 packet<br>(30g) | 1 packet<br>(60g)  |
| burger buns                  | 2                 | 4                  |
| tomato                       | 1                 | 2                  |
| dill & parsley<br>mayonnaise | 1 packet<br>(50g) | 1 packet<br>(100g) |
| mixed salad<br>leaves        | 1 bag<br>(30g)    | 1 bag<br>(60g)     |
|                              |                   |                    |

<sup>\*</sup>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 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.



#### Caramelise 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.



## 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.



## 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.



## 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**.



# Serve up

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

## Enjoy!