



Chicken Lettuce Tomato Burger

with DIY Ranch and Roasted Sweet Potatoes



FAMILY 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Roma Tomato



Spring Mix



Chives



Lemon-Pepper Seasoning



Mayonnaise



Sour Cream



Sweet Potato



Artisan Bun

HELLO RANCH!

This tangy DIY ranch dressing is the perfect burger condiment!

START HERE ▼

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Measuring Spoons, Parchment Paper, Small Bowl, Whisk, Large Non-Stick Pan, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Roma Tomato	80 g	160 g
Spring Mix	56 g	113 g
Chives	7 g	7 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Sweet Potato	340 g	680 g
Artisan Bun	2	4
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** 74°C/165°F

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1. ROAST SWEET POTATOES

Cut the **sweet potato** into ½-inch wedges. Toss the **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) and **half the lemon-pepper seasoning** on a parchment-lined baking sheet. Season with **salt**. Roast in the **middle** of the oven, tossing **sweet potatoes** halfway through cooking, until golden-brown, 22-24 min.



4. MAKE DIY RANCH

While the **chicken** cooks, whisk together **sour cream**, **mayo**, **chives** and **½ tsp sugar** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.

2. PREP

While the **potatoes** roast, slice the **tomatoes** into ¼-inch rounds. Finely chop the **chives**. Pat the **chicken** dry with paper towels. Carefully slice into the centre of **each breast**, lengthwise and parallel to the cutting board. Cut straight through to the other end. (**NOTE:** you will have 4 chicken pieces in total for 2 ppl or 8 pieces for 4 ppl!) Sprinkle with the **remaining lemon-pepper seasoning**.



3. SEAR CHICKEN

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear, until golden-brown and cooked through, 3-4 min per side. **
(**NOTE:** Don't overcrowd the pan! Cook in batches for 4 ppl!) Transfer to a plate. Set aside.



5. TOAST BUNS

Halve **buns**. Arrange **buns** cut-side up on another baking sheet. Toast in the **top** of the oven, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)



6. FINISH AND SERVE

Spread **half the ranch** on bottom **buns**, then add **lemon-pepper chicken**. Top with some **spring mix** and **tomato** slices. Finish with top **bun**. Divide between plates and serve with **sweet potato** wedges and **remaining ranch**, for dipping.

Dinner Solved!

Contact

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