

Italian Cheesy Chicken Burger & Caramelised Onion

with Dill-Parsley Mayo & Fries

Grab your Meal Kit with this symbol



Potato



Red Onion



Tomato



Chicken Breast



Italian Herbs



Grated Parmesan Cheese



Butter Burger Buns



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 tomato, 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

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
tomato	1	2
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)
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

	Per Serving	Per 100g
Energy (kJ)	3452kJ (825Cal)	547kJ (130Cal)
Protein (g)	55.3g	8.8g
Fat, total (g)	33.8g	5.4g
- saturated (g)	8.5g	1.3g
Carbohydrate (g)	74.7g	11.8g
- sugars (g)	12.8g	2g
Sodium (mg)	838mg	133mg

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** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to size so it cooks in time.



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**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl and cover to keep warm.



Prep the tomato

While the onion is cooking, thinly slice the **tomato** into half-moons.



Prep the chicken

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 large bowl, combine the **Italian herbs** (see ingredients), the **salt** and a drizzle of **olive oil**, then season with **pepper**. Add the **chicken breast** and toss 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 to melt the cheese. Remove from the heat and set aside. While the cheese is melting, place the **butter burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**.



Serve up

Slice the burger buns in half. Spread a layer of **dill & parsley mayonnaise** over the bases, then top with the cheesy chicken, caramelized onion, some tomato and **mixed salad leaves**. Serve with the fries.

Enjoy!