



Cajun Chicken Burger with Ballymaloe Relish

with caramelised onion and chips

Family Quick Cook 35 – 40 mins

25



Chicken Breast



Brioche Buns



Mayo



Onion



Cajun Spice Mix



Potatoes



Balsamic Vinegar



Grated Cheese



Ballymaloe Tomato Relish

Pantry Items: Salt, Pepper, Oil, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Brioche Buns	2 units	4 units
Mayo	2 sachets	4 sachets
Onion	1 unit	2 units
Cajun Spice Mix	1 sachet	2 sachets
Potatoes	600 g	1200 g
Balsamic Vinegar	1 sachet	2 sachets
Grated Cheese	50 g	100 g
Ballymaloe Tomato Relish	1 pot	2 pots

Nutrition

	Per serving	Per 100g
for uncooked ingredients	637.5 g	100 g
Energy (kJ/kcal)	3472.7 kJ/ 830 kcal	544.7 kJ/ 130.2 kcal
Fat (g)	25.7 g	4 g
Sat. Fat (g)	9 g	1.4 g
Carbohydrate (g)	99.7 g	15.6 g
Sugars (g)	18.4 g	2.9 g
Protein (g)	58.1 g	9.1 g
Salt (g)	1.9 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then into 1cm wide chips (no need to peel).
- Pop the chips onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, cook on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Bake the Chicken

- Carefully coat the **chicken** with the **Cajun spice**, **salt**, **pepper** and a drizzle of **oil**.
- Lay the open **chicken breasts** on a lined baking tray.
- Bake until golden and cooked through, 15-20 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



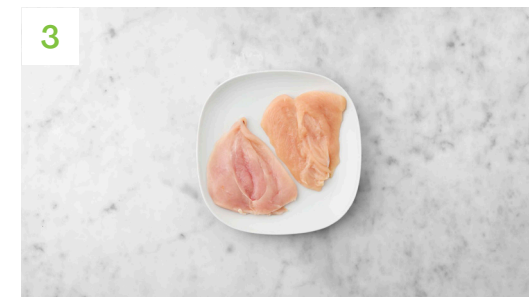
Caramelize the Onion

- Meanwhile, halve, peel and thinly slice the **onion**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, stirring occasionally, 5-7 mins.
- Add the **balsamic vinegar** and a pinch of **sugar** and cook until the **vinegar** has evaporated, 1-2 mins.
- Once caramelised, transfer from the pan and cover to keep warm.



Finishing Touches

- When the **chicken** has 5 mins left to cook, sprinkle over the **cheese** and return to the oven to gratinate.
- Pop the **buns** into the oven to warm, 2-3 mins.
- Remove the **chicken** from the oven once cooked and fold each **breast** back together so they resemble closed books.



Butterfly the Chicken

- Lay the **chicken** out on a board.
- Place your hand flat on top and carefully slice from thick end to the thin point until there are 2cm left (don't slice all the way through).
- Open it up like a book.
- Repeat with the other **breast(s)**. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Assemble and Serve

- Spread some **mayo** and **Ballymaloe relish** over the cut side of each **bun**.
- Top the base **bun** with caramelised **onions** and cheesy **Cajun chicken** then sandwich closed with the top **bun**.
- Divide burgers and chips between plates.
- Use any remaining **mayo** for dipping.

Enjoy!