



Caramelised Onion Chicken Burger

with honey mustard mayo and crispy chips

30 – 35 mins • Egg(s) not included

9



Chicken Breast



Potatoes



Breadcrumbs



Onion



Mustard



Honey



Brioche Buns



Mayo



Balsamic Vinegar



Tomato

Pantry Items: Egg, 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
Potatoes	600 g	1200 g
Breadcrumbs	1 pack	2 packs
Onion	1 unit	2 units
Mustard	½ sachet	1 sachet
Honey	2 sachets	4 sachets
Brioche Buns	2 units	4 units
Mayo	2 sachets	4 sachets
Balsamic Vinegar	1 sachet	2 sachets
Tomato	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	692.8 g	100 g
Energy (kJ/kcal)	3644.3 kJ/ 871 kcal	526 kJ/ 125.7 kcal
Fat (g)	19.9 g	2.9 g
Sat. Fat (g)	3.9 g	0.6 g
Carbohydrate (g)	119 g	17.2 g
Sugars (g)	20 g	2.9 g
Protein (g)	57.3 g	8.3 g
Salt (g)	1.6 g	0.2 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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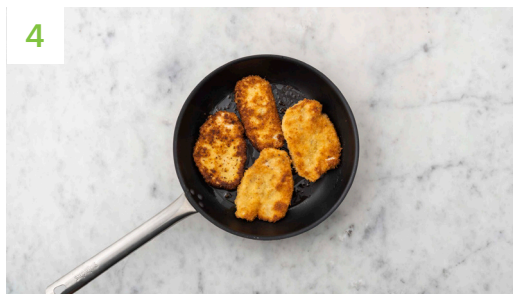
You can recycle me!



Make the Chips

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (peeling optional).
- Pop the chips onto a large (lined) baking tray.
- Drizzle with **oil**, season well with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn the tray halfway through.

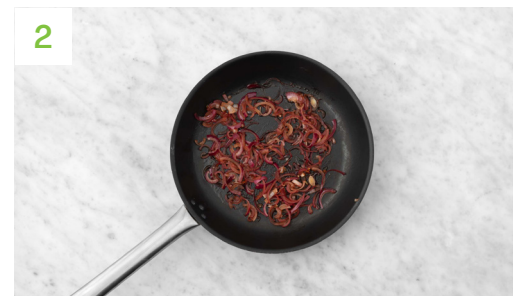
TIP: Use two baking trays if necessary.



Fry the Chicken

- Place a large pan over high heat with enough **oil** to cover the base.
- Once hot, carefully lay the **chicken** into the pan.
- Reduce the heat to medium-high.
- Fry the **chicken** until golden brown and cooked through, 8-10 mins.
- Turn every 2-3 mins, adjusting the heat if necessary. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

TIP: Cook in batches if your pan is too crowded.



Caramellise the Onion

- Thinly slice the **tomato**. Halve, peel and thinly slice the **onion**.
- Place a large 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, 8-10 mins.
- Add the **balsamic vinegar** and a pinch of **sugar**. Cook until evaporated, 1-2 mins.
- Mix **honey**, **mayo** and **half** a **mustard** sachet (per 2P) in a bowl.

TIP: If your honey has hardened, pop the sachet into a bowl for 1 min.



Warm the Buns

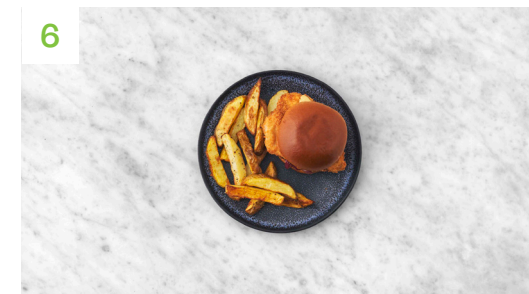
- Pop the **buns** onto a baking tray.
- Warm in the oven, 2-3 mins.



Crumb the Chicken

- Place a hand on top of the **chicken**. Slice horizontally to make two thin **steaks**. Season with **salt** and **pepper**.
- Beat one **egg** (per 2P) in a bowl.
- In another bowl, season the **breadcrumbs** with **salt** and **pepper**.
- Dip the **chicken** into the **egg** and then the **breadcrumbs**. **IMPORTANT:** Wash hands and equipment after handling raw chicken.

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



Finish and Serve

- Add some caramelised **onion** to each **bun** base.
- Top with sliced **tomato**, then the crumbed **chicken**.
- Drizzle over the **honey mustard mayo**. Sandwich closed with the **bun** lid.
- Serve the chips alongside.

Enjoy!