



QCOOK

Grilled Chicken Burger

with chilli caramelised onions

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 525kJ | 3795kJ |
| Energy | 126kcal | 909kcal |
| Protein | 8.1g | 58.8g |
| Carbs | 18g | 132g |
| of which sugars | 6.2g | 44.6g |
| Fibre | 1.6g | 11.5g |
| Fat | 2.3g | 16.3g |
| of which saturated | 1g | 7.4g |
| Sodium | 177mg | 1278mg |

Allergens: Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse & cut into skinny fries</i> |
| 2 | 2 | Onions <i>peel & roughly slice 1½ [2]</i> |
| 150g | 200g | Chaloner Tomato Chilli Jam |
| 7,5ml | 10ml | Dried Chilli Flakes |
| 3 | 4 | Pink Burger Buns |
| 3 | 4 | Free-range Chicken Breasts |
| 30ml | 40ml | NOMU Roast Rub |
| 90g | 120g | Cheddar Cheese <i>slice</i> |
| 60g | 80g | Green Leaves <i>rinse</i> |
| 60g | 80g | Gherkins <i>drain & slice</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Cling Wrap

Butter (optional)

1. FAB FRIES Preheat the oven to 200°C. Spread the fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOMATO-CHILLI SWEET ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add the tomato chilli jam and chilli flakes (to taste). Remove from the pan, season, and cover.

3. BEGIN THE BUN Halve the burger buns, and spread butter or oil over the cut side. Place a clean pan over medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. CHEESY CHICKEN Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat the chicken in oil and the NOMU rub. Return the pan to medium heat. Fry the chicken until golden and cooked through, 2-3 minutes a side. In the final 1-2 minutes, top the chicken with the cheese and place a lid over the pan, melting the cheese.

5. BEST BURGER EVER Top the bun with the green leaves, followed by the chicken, tomato-chilli onions and gherkins. Side with the fries. Simple as that, Chef!