



Chicken Lettuce Tomato Burger

with DIY Ranch and Roasted Sweet Potatoes

Family Friendly

30 Minutes



Chicken Breasts



Roma Tomato



Spring Mix



Chives



Lemon-Pepper Seasoning



Mayonnaise



Sour Cream



Sweet Potato



Artisan Bun



Garlic

HELLO RANCH

This tangy DIY dressing is the perfect burger condiment!

Start here

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

Bust out

2 Baking sheets, 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	28 g	56 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
Garlic	3 g	6 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Roast sweet potatoes

Cut **sweet potatoes** into ½-inch wedges. Peel, then mince or grate **garlic**. Add **sweet potatoes, garlic, 1 tbsp oil** (dbl for 4 ppl) and **half the Lemon-Pepper Seasoning** to a parchment-lined baking sheet. Season with **salt**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min.



Make DIY ranch

While **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.



Prep

While **sweet potatoes** roast, cut **tomatoes** into ¼-inch rounds. Thinly slice **chives**. Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, lengthwise and parallel to the cutting board. Cut straight through to the other end. (**NOTE:** You will have 4 pieces of chicken in total for 2 ppl, 8 pieces for 4 ppl.) Sprinkle with **remaining Lemon-Pepper Seasoning**.



Toast buns

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



Cook chicken

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



Finish and serve

Spread **half the ranch** on **bottom buns**. Top with **lemon-pepper chicken, tomato slices, some spring mix** and **top buns**. Divide **burgers** and **sweet potatoes** between plates. Serve **remaining ranch** on the side for dipping.

Dinner Solved!