



LOADED AUSSIE BURGER & POTATO WEDGES

Serves 4 | Serves of Veg 5 | Time prep: 20mins Cook 35mins



NUTRITION PANEL

General	
Weight	664.475 g
Macro-Nutrients	
Energy	3811.275 kJ
Protein	66.237 g
Fat	35.524 g
Sat.Fat	10.295 g
Carbohydrate	72.304 g
Sugars	15.709 g
Water	450.388 g
Fibre	16.723 g
Vitamins	
Vit.C	61.121 mg
Folate-DFE	408.486 µg
Minerals	
Magnesium	214.726 mg
Calcium	378.035 mg
Phosphorus	788.756 mg
Iron	4.939 mg
Zinc	4.033 mg
Iodine	56.751 µg

SHOPPING LIST



Chicken Breast



Spice Mix



Olive Oil



Tinned Beetroot



Tinned Pineapple



Red Onion



Potato



Vege Stock Powder



Tomato



Avocado



Lemon



Burger Buns



Baby Spinach



Tasty Cheese Slices



Garlic



Salt & Pepper

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Ingredients

- 800g Chicken Breast, skinless
- 3 tablespoon Spice Mix (chilli powder, garlic powder, onion powder, cumin, oregano, black pepper, salt)*
- 1 tablespoon olive oil
- 1 Tinned Pineapple slices
- 1 tinned beetroot
- 1 tomato
- 280g bag baby Spinach
- 1 ripe Avocado
- ½ Lemon, juiced
- 1 small Red onion, sliced
- 4 slice tasty cheese
- 4 Thin Burger Bun

for Potato Wedges

- 3 large Potato
- 1 Vege stock cube
- 2 Garlic clove
- 2 tablespoon Extra Virgin olive Oil
- Salt + Pepper

Recipe Steps

1. Preheat oven to 180
2. Boil kettle & make 1.5 cup stock with **stock cube**
3. Cut **potato** into wedges
4. Stand potatoes upright in oven tray, pour hot stock into tray & drizzle with 1 tbsp **olive oil**
5. Roast for 35 minutes
6. Grate **garlic clove** & add to 1 tbsp **olive oil**. At 2/3 way of cooking, spread over roasting potato.
7. Thinly slice **Chicken breast**
8. Lightly dust chicken in **spice mix**
9. Thinly slice **red onion, tomato**. Drain **pineapple & beetroot**
10. Open **avocado**, remove seed & mash. Add **lemon juice** to prevent browning.
11. Heat frying-pan to medium-high, add remaining **olive oil**
12. Once pan is hot, cook **chicken breast** 3 minutes each side*. Set aside covered to rest until ready to assemble burgers
13. Take out the potato, check seasoning, soft & golden brown
14. Assemble burger: half & toast **burger buns** in over for 2 minutes, spread avocado, layer chicken, cheese, beetroot, pineapple, baby spinach, red onion.

Recipe Notes

*Spice Mix: any variety of spice blend will do great! Paprika, cayenne, dried herbs will also work great

** Avoid overfilling fry pan with chicken, cook in batches if necessary



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