



# Chicken Lettuce Tomato Burger

with DIY Ranch and Roasted Sweet Potatoes

Family 30 Minutes



Chicken Breasts



Roma Tomato



Spring Mix



Chives



Lemon-Pepper Seasoning



Mayonnaise



Sour Cream



Sweet Potato



Artisan Bun

HELLO RANCH!

*This tangy DIY ranch 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
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F

## 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 the **sweet potato** into ½-inch wedges. Toss the **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) and **half the Lemon-Pepper Seasoning** on a parchment-lined baking sheet. Season with **salt**. Roast in the **middle** of the oven, tossing **sweet potatoes** halfway through cooking, until golden-brown, 22-24 min.



## Make DIY ranch

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



## Toast buns

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



## Sear chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear, 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**, then add **lemon-pepper chicken**. Top with some **spring mix** and **tomato slices**. Finish with **top bun**. Divide between plates and serve with **sweet potato wedges** and **remaining ranch**, for dipping.

## Dinner Solved!