

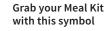
Haloumi & Caramelised Onion Burger

with Potato Wedges & Creamy Pesto

MEAT-FREE MARVELS

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR









Potato



Brown Onion



Baby Cos



Bake-At-Home

Burger Buns

Lettuce



Creamy Pesto Dressing





Celebrate World Vegetarian Month and find your balance with our Meat-Free Marvels. Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with oven-baked potato wedges, you're very welcome!

Pantry items

Olive Oil, Balsamic Vinegar, Brown

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
haloumi	1 packet	2 packets		
potato	2	4		
brown onion	1	2		
tomato	1	2		
baby cos lettuce	½ head	1 head		
balsamic vinegar* (for the onion)	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
bake-at-home burger buns	2	4		
balsamic vinegar* (for the salad)	½ tbs	1 tbs		
creamy pesto dressing	1 packet (50g)	1 packet (100g)		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3749kJ (896Cal)	615kJ (147Cal)
Protein (g)	32.1g	5.3g
Fat, total (g)	49.2g	8.1g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	77.2g	12.7g
- sugars (g)	17.2g	2.8g
Sodium (mg)	1454mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3350kJ (801Cal)	489kJ (117Cal)
Protein (g)	49g	7.2g
Fat, total (g)	31.1g	4.5g
- saturated (g)	6.4g	0.9g
Carbohydrate (g)	76g	11.1g
- sugars (g)	16.2g	2.4g
Sodium (mg)	503mg	73mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- In a medium bowl, place haloumi and cover with water to soak.
- Cut potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Bake until tender, 25-30 minutes.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Get prepped

- Meanwhile, thinly slice brown onion.
- Thinly slice tomato.
- Finely shred baby cos lettuce (see ingredients).
- Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices.

Custom Recipe: If you've added chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Caramelise the onions

- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Add the balsamic vinegar (for the onion), the brown sugar and a splash of water. Mix well.
 Cook until dark and sticky, 3-5 minutes.
- Transfer to a small bowl.



Cook the haloumi

- Wash and dry frying pan, then return to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook haloumi until golden,
 1-2 minutes each side.

Custom Recipe: After cooking the haloumi, return pan to medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Dress the salad

- Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack, until heated through, 2-3 minutes.
- Reserve a handful of the cos lettuce for the burgers, then place the rest in a medium bowl.
 Add the balsamic vinegar (for the salad) and a drizzle of olive oil. Toss to coat. Season to taste.



Serve up

- · Spread bun bases with creamy pesto dressing.
- Top with reserved lettuce, the tomato slices, haloumi and caramelised onion.
- Serve with potato wedges and salad. Enjoy!

Custom Recipe: Top burgers with chicken steaks to serve.

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

Scan here if you have any questions or concerns