



Haloumi & Caramelised Onion Burger

with Pre-Cut Potato Fries & Creamy Pesto

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato Fries



Tomato



Haloumi



Pre-Chopped Onion



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Mixed Salad Leaves



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early*
*Custom Recipe only

Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with pre-heat oven-baked potato fries, you're very welcome!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
tomato	1	2
haloumi	1 packet	2 packets
pre-chopped onion	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 medium bag	1 large bag
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)	3803kJ (909Cal)	665kJ (159Cal)
Protein (g)	31.9g	5.6g
Fat, total (g)	49.1g	8.6g
- saturated (g)	19.4g	3.4g
Carbohydrate (g)	79.5g	13.9g
- sugars (g)	8.7g	1.5g
Sodium (mg)	1448mg	253mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4556kJ (1089Cal)	618kJ (148Cal)
Protein (g)	65.9g	8.9g
Fat, total (g)	53.8g	7.3g
- saturated (g)	20.8g	2.8g
Carbohydrate (g)	79.5g	10.8g
- sugars (g)	8.7g	1.2g
Sodium (mg)	1532mg	208mg

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 ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** 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 fries between two trays.

3



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.
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire rack in the oven, until heated through, **2-3 minutes**.

Custom Recipe: Before cooking your haloumi, cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. Wipe out pan, then return to medium-high heat with a drizzle of olive oil. Cook haloumi as above.

2



Get prepped

- Meanwhile, thinly slice **tomato**. Cut **haloumi** into 1cm-thick slices.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **pre-chopped onion**, stirring regularly, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.

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.

4



Serve up

- Spread the bun bases with **creamy pesto dressing**.
- Top with **mixed salad leaves**, tomato slices, haloumi and caramelised onion.
- Serve with potato fries. Enjoy!

Custom Recipe: Add chicken steaks to burger

Rate your recipe

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