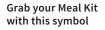


Haloumi & Caramelised Onion Burger

with Pre-Cut Potato Fries & Creamy Pesto

MEAT-FREE MARVELS

CLIMATE SUPERSTAR











Haloumi

Pre-Chopped



Bake-At-Home



Burger Buns

Creamy Pesto Dressing



Mixed Salad Leaves





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!

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

ingi calcino			
	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

Per Serving	Per 100g			
3803kJ (909Cal)	665kJ (159Cal)			
31.9g	5.6g			
49.1g	8.6g			
19.4g	3.4g			
79.5g	13.9g			
8.7g	1.5g			
1448mg	253mg			
	3803kJ (909Cal) 31.9g 49.1g 19.4g 79.5g 8.7g			

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.



Scan here if you have any questions or concerns





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.



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.



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.



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

