



Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Sweet Potato



Tomato



Brown Onion



Bake-At-Home Burger Buns



Tomato Relish



Mixed Salad Leaves



Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Prepare to fall in love with haloumi all over again when you taste this irresistible burger. With tomato relish and caramelised onion also in the mix, plus sweet potato wedges on the side, this dinner is all-round delish!

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
haloumi	1 packet	2 packets
sweet potato	2	4
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
bake-at-home burger buns	2	4
tomato relish	1 medium packet	2 medium packets
mixed salad leaves	1 small bag	1 medium 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)	3359kJ (803Cal)	587kJ (140Cal)
Protein (g)	31.3g	5.5g
Fat, total (g)	34.2g	6g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	89.2g	15.6g
- sugars (g)	29.6g	5.2g
Sodium (mg)	1578mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4112kJ (983Cal)	557kJ (133Cal)
Protein (g)	65.3g	8.9g
Fat, total (g)	38.9g	5.3g
- saturated (g)	19.4g	2.6g
Carbohydrate (g)	89.2g	12.1g
- sugars (g)	29.6g	4g
Sodium (mg)	1663mg	225mg

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.

1



Roast the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **haloumi** horizontally to get 1 piece per person. In a medium bowl, add **haloumi** and cover with water.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat. Bake until tender, **25-30 minutes**.

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

4



Bake the burger buns

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

2

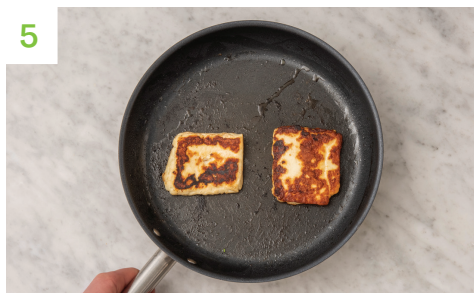


Get prepped

- Meanwhile, thinly slice **tomato**.
- Thinly slice **brown onion**.

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.

5



Cook the haloumi

- Meanwhile, drain **haloumi** and pat dry.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.

3



Caramelize the onion

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

Custom Recipe: Before cooking the onion, bring pan to medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate. Season with salt and pepper, then cover to keep warm. Continue with the step.

6



Serve up

- Spread **tomato relish** over the bases of the buns. Top with **mixed salad leaves**, tomato, haloumi and caramelised onion.
- Serve with sweet potato wedges. Enjoy!

Custom Recipe: Top burgers with a cooked chicken steak.

We're here to help!

Scan here if you have any questions or concerns



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