



Haloumi & Tomato Relish Burger

with Easy Sweet Potato Fries

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato Fries



Haloumi



Brown Onion



Tomato



Bake-At-Home Burger Buns



Tomato Relish



Mixed Salad Leaves



Chicken Breast

Prep in: 15-25 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 fries 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
sweet potato fries	1 medium bag	1 large bag
haloumi	1 packet	2 packets
brown onion	1	2
tomato	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)	34g	5.9g
- 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)	38.7g	5.2g
- 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.

We're here to help!

Scan here if you have any questions or concerns



1

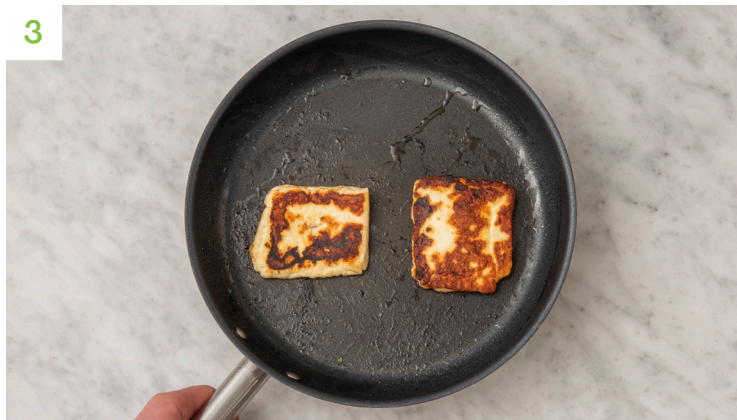


Roast the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato fries** 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**.
- Slice **haloumi** in half horizontally to get 1 piece per person. In a medium bowl, add **haloumi** and cover with **water**.

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

3



Bake the buns & cook haloumi

- When the fries have **5 minutes** remaining, halve **bake-at home burger buns** and bake directly on a wire oven rack and bake until heated through, **2-3 minutes**.
- 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.

Custom Recipe: Before cooking the haloumi, bring the 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. Transfer to a plate. Season with salt and pepper, then cover to keep warm. Continue with step.

2



Caramelize the onion

- Meanwhile, thinly slice **brown onion** and **tomato**.
- 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: 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 bun bases with the **tomato relish**.
- Top with **mixed salad leaves**, tomato, haloumi and caramelised onion.
- Serve with sweet potato fries. Enjoy!

Custom Recipe: Top burger with chicken steak to serve.

Rate your recipe

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