



Crumbed Haloumi Burger

with Seasoned Fries & Tartare Sauce

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Haloumi



Potato



Nan's Special Seasoning



Tomato



Baby Cos Lettuce



Herb Crumbing Mix



Bake-At-Home Burger Buns



Mustard Cider Dressing



Tartare Sauce



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

There's nothing quite like a golden crumb on haloumi to cheer you up - that's just simple science. Pop it in a hamburger bun with tomato, lettuce and creamy tartare sauce, then add seasoned fries for an unbeatable dinner combo.

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

Pantry items

Olive Oil, Plain Flour, Egg

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
potato	2	4
Nan's special seasoning	1 medium sachet	1 large sachet
tomato	1	2
baby cos lettuce	½ head	1 head
plain flour*	2 tbs	¼ cup
egg*	1	2
herb crumbing mix	1 medium packet	1 large packet
bake-at-home burger buns	2	4
mustard cider dressing	1 packet	2 packets
tartare sauce	2 medium packets	4 medium packets
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)	5099kJ (1219Cal)	761kJ (182Cal)
Protein (g)	40.9g	6.1g
Fat, total (g)	70.8g	10.6g
- saturated (g)	21.1g	3.1g
Carbohydrate (g)	100.8g	15g
- sugars (g)	16.2g	2.4g
Sodium (mg)	2544mg	380mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4700kJ (1123Cal)	631kJ (151Cal)
Protein (g)	57.8g	7.8g
Fat, total (g)	52.8g	7.1g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	99.7g	13.4g
- sugars (g)	15.2g	2g
Sodium (mg)	1593mg	214mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, add **haloumi** and cover with water.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray.
- Sprinkle over **Nan's special seasoning**, drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.



Cook the haloumi

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **haloumi** until golden brown, **2 minutes** each side. Set aside on a paper towel-lined plate.

TIP: Add extra oil if needed so the haloumi does not stick to the pan.

Custom Recipe: Heat pan as above. Cook crumbed chicken, in batches, until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.



Get prepped

- Meanwhile, slice **tomato** into thin rounds.
- Roughly chop **baby cos lettuce** (see **ingredients**).



Heat the burger buns

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



Crumb the haloumi

- With the fries have **10 minutes** remaining, drain **haloumi** and pat dry. Slice **haloumi** horizontally to get 1 piece per person.
- In a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **herb crumbing mix**.
- Dip **haloumi** slices into **flour mixture**, followed by **egg** and finally in **herb crumbing mix**. Set aside on a plate.

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



Serve up

- Meanwhile, in a medium bowl, combine cos lettuce and **mustard cider dressing**.
- Spread each bun base with half the **tartare sauce**. Top with crumbed haloumi, tomato slices and a handful of cos lettuce.
- Serve with seasoned fries and remaining tartare sauce. Enjoy!

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