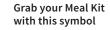
# Herby Crumbed Haloumi Burger with Seasoned Fries & Tartare Sauce

TAKEAWAY FAVES









Haloumi



Nan's Special



Tomato

Seasoning



Baby Cos



Herb Crumbing

Lettuce



Bake-At-Home



Mustard Cider

Dressing

Burger Buns



**Tartare Sauce** 



Prep in: 15-25 mins Ready in: 30-40 mins

There's nothing quite like a golden crumb on a tender 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 spiced fries for an unbeatable dinner combo. **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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
haloumi	1 packet	2 packets		
potato fries	1 medium bag	1 large bag		
Nan's special seasoning	1 medium sachet	1 large sachet		
tomato	1	2		
baby cos lettuce	½ head	1 head		
plain flour*	2 tbs	1/4 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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5187kJ (1240Cal)	774kJ (185Cal)
Protein (g)	40.9g	6.1g
Fat, total (g)	70.8g	10.6g
- saturated (g)	21.1g	3.1g
Carbohydrate (g)	105g	15.7g
- sugars (g)	14g	2.1g
Sodium (mg)	2540mg	379mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4787kJ (1144Cal)	642kJ (153Cal)
Protein (g)	57.8g	7.8g
Fat, total (g)	52.8g	7.1g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	103.9g	13.9g
- sugars (g)	13g	1.7g
Sodium (mg)	1589mg	213mg

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

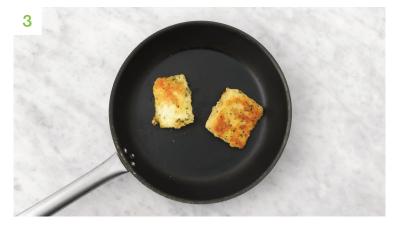






# Bake the fries & get prepped

- Preheat oven to 240°C/220°C fan-forced. In a medium bowl, add haloumi and cover with water.
- Place potato 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.
- Meanwhile, slice tomato into thin rounds. Roughly chop baby cos lettuce (see ingredients).



## Cook the haloumi

- In a large frying pan, heat enough olive oil to coat the base of the pan 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.



### Crumb the haloumi

- With 10 minutes remaining on fries, 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, then set aside on a plate.



# Serve up

- Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- In a medium bowl, combine lettuce and mustard cider dressing.
- Spread each bun base with tartare sauce. Top with crumbed haloumi, tomato slices and a handful of cos lettuce.
- Serve with spiced fries and remaining tartare sauce. Enjoy!

Custom Recipe: Top burger with crumbed chicken.

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate