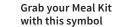


# Easy Honey-Glazed Haloumi Burger with Dill-Parsley Sauce & Corn on the Cob

CLIMATE SUPERSTAR















Haloumi

Bake-At-Home **Burger Buns** 



Dill & Parsley



Mayonnaise



Ranch Dressing



Prep in: 15-25 mins Ready in: 20-30 mins Eat Me Early\*

\*Custom Recipe only

Serve up a hearty meat-free burger with a golden "patty" of haloumi that's coated in a sweet honey glaze! We've added our famous dill and parsley mayo and a creamy ranch salad to turn this easy dinner into a taste sensation.

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

**Pantry items** Olive Oil, Honey

# 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

Medium saucepan · Large frying pan

#### Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
corn	1	2		
tomato	1	2		
haloumi	1 packet	2 packets		
honey*	1 tsp	2 tsp		
bake-at-home burger buns	2	4		
dill & parsley mayonnaise	1 medium packet	1 large packet		
deluxe salad mix	1 medium bag	1 large bag		
ranch dressing	1 packet	2 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)	3822kJ (913Cal)	<b>764kJ</b> (183Cal)
Protein (g)	33.3g	6.7g
Fat, total (g)	51.8g	10.4g
- saturated (g)	19.5g	3.9g
Carbohydrate (g)	75.4g	15.1g
- sugars (g)	21.2g	4.2g
Sodium (mg)	1577mg	315mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3423kJ</b> (818Cal)	<b>595kJ</b> (142Cal)
Protein (g)	50.2g	8.7g
Fat, total (g)	33.7g	5.9g
- saturated (g)	6.6g	1.1g
Carbohydrate (g)	74.2g	12.9g
- sugars (g)	20.2g	3.5g
Sodium (mg)	626mg	109mg

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.



# Get prepped

- Bring a medium saucepan of salted water to the boil.
- Cut corn cob in half. Cut tomato into thin slices. Cut haloumi in half horizontally to get 1 slice per person.
- In a medium bowl, add **haloumi** and cover with **water**.
- Cook corn in the boiling water until tender and bright yellow, 5 minutes.
  Drain and set aside.



#### Bake the buns

- Place bake-at-home burger buns on a plate and microwave for 1 minute.
- Halve buns and toast, cut-side down, in the frying pan over medium-high heat until golden, 3-4 minutes.

TIP: If you don't have a microwave, you can bake the buns straight on the wire rack at 180°C/160°C fan-forced for 3 minutes, or until heated through.



#### Cook the haloumi

- Drain haloumi and pat dry.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.
- Add the **honey** turn toss to coat. Transfer to 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. Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate.



# Serve up

- Build your burgers by spreading a layer of **dill & parsley mayonnaise** on the base.
- Top with a handful of **deluxe salad mix**, tomato and haloumi.
- Dress the remaining salad mix with ranch dressing.
- Serve the burgers with the corn cobs (spread with a little butter if you like!) and the salad. Enjoy!



Scan here if you have any questions or concerns



