



Quick Honey-Glazed Haloumi Burger

with Dill-Parsley Sauce & Corn on the Cob

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Corn



Tomato/Kumato



Haloumi



Bake-At-Home Burger Buns



Dill & Parsley Mayonnaise



Deluxe Salad Mix



Ranch Dressing



Chicken Breast

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

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
tomato/kumato	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

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3822kJ (913Cal)	764kJ (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)	3423kJ (818Cal)	595kJ (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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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** and turn **haloumi** 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.

4



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!

Rate your recipe

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