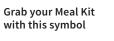


with Sweet Potato Wedges & Creamy Pesto

CLIMATE SUPERSTAR











Sweet Potato



Tomato









Haloumi

Bake-At-Home Burger Buns



Creamy Pesto Dressing





Prep in: 20-30 mins Ready in: 35-45 mins

*Custom Recipe only Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with oven-baked sweet potato wedges, you're very welcome!

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 \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
brown onion	1	2		
tomato	1	2		
baby cos lettuce	½ medium head	1 medium head		
haloumi	1 packet	2 packets		
balsamic vinegar* (for the onion)	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
bake-at-home burger buns	2	4		
balsamic vinegar* (for the salad)	½ tbs	1 tbs		
creamy pesto dressing	1 medium packet	1 large packet		
chicken breast**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918Cal)	630kJ (151Cal)
Protein (g)	31.1g	5.1g
Fat, total (g)	47.5g	7.8g
- saturated (g)	19.5g	3.2g
Carbohydrate (g)	84.3g	13.8g
- sugars (g)	25.4g	4.2g
Sodium (mg)	1590mg	261mg
Dietary Fibre (g)	13.7g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3405kJ (814Cal)	498kJ (119Cal)
Protein (g)	51.1g	7.5g
Fat, total (g)	29.1g	4.3g
- saturated (g)	5.8g	0.8g
Carbohydrate (g)	83.2g	12.2g
- sugars (g)	24.2g	3.5g
Sodium (mg)	499mg	73mg
Dietary Fibre	13.9g	2g

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

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Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 25-30 minutes.

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



Get prepped

- Meanwhile, thinly slice brown onion.
- Thinly slice tomato.
- Finely shred baby cos lettuce (see ingredients).
- · Cut haloumi into 1cm-thick slices.

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.



Caramelise the onions

- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Add the balsamic vinegar (for the onion), the brown sugar and a splash of water. Mix well.
 Cook until dark and sticky, 3-5 minutes.
- Transfer to a small bowl.



Cook the haloumi

- Wash and dry frying pan, then return to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook haloumi until golden,
 1-2 minutes each side.

Custom Recipe: Heat pan as above. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Dress the salad

- Meanwhile, halve bake-at-home burger buns and bake directly on a wire rack in the oven, until heated through, 2-3 minutes.
- Reserve a handful of the **cos lettuce** for the burgers, then place the rest in a medium bowl.
- Add the balsamic vinegar (for the salad) and a drizzle of olive oil. Toss to coat. Season to taste.



Serve up

- · Spread buns with creamy pesto dressing.
- Top with reserved lettuce, tomato slices, haloumi and caramelised onion.
- Serve with sweet potato wedges and salad. Enjoy!

Custom Recipe: Top burgers with reserved lettuce, tomato slices, chicken steaks and caramelised onion, as above.



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