



# Haloumi & Caramelised Onion Burger

with Sweet Potato Wedges & Creamy Pesto

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Baby Cos Lettuce



Haloumi



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Chicken Breast

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

Eat Me Early\*  
*\*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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home burger buns	2	4
<b>balsamic vinegar*</b> (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 (g)	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](https://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



## 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.

2



## 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.

3



## Caramelize 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.

4



## 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).

5



## 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.

6



## 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.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)