



Easy Honey-Glazed Haloumi Burger

with Dill-Parsley Sauce & Corn Cob

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Haloumi



Corn



Tomato



Bake-At-Home Burger Buns



Mixed Salad Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
corn	1 cob	2 cobs
tomato	1	2
honey*	1 tsp	2 tsp
bake-at-home burger buns	2	4
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
dill & parsley mayonnaise	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)	3802kJ (909Cal)	827kJ (198Cal)
Protein (g)	31.9g	6.9g
Fat, total (g)	51.5g	11.2g
- saturated (g)	19.7g	4.3g
Carbohydrate (g)	72.5g	15.8g
- sugars (g)	19.7g	4.3g
Sodium (mg)	1774mg	386mg
Dietary Fibre (g)	11.7g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (804Cal)	629kJ (150Cal)
Protein (g)	51.9g	9.7g
Fat, total (g)	33.1g	6.2g
- saturated (g)	6g	1.1g
Carbohydrate (g)	71.5g	13.4g
- sugars (g)	18.5g	3.5g
Sodium (mg)	682mg	127mg
Dietary Fibre	11.8g	2.2g

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



1



Get prepped

- Boil the kettle.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Cut **corn cob** in half.
- Cut **tomato** into thin slices.
- Half-fill a medium saucepan with boiling 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**.
- Meanwhile, dress the **mixed salad leaves** with **mustard cider dressing**.

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. Cut **haloumi** into 1cm-thick slices.
- 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**, turning **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 mixed salad leaves, tomato and haloumi.
- Serve the burgers with the corn cobs (spread with a little butter if you like!) and the salad. Enjoy!

Custom Recipe: Top burger with a handful of mixed salad leaves, tomato and chicken as above.

Rate your recipe

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