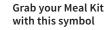


Easy Honey-Glazed Haloumi Burger with Dill-Parsley Sauce & Corn Cob

CLIMATE SUPERSTAR









Bake-At-Home **Burger Buns**





Leaves



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early*

*Custom Position *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.

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.





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.



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.



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.



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.

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate