

Hearty Haloumi & Caramelised Onion Burger with Sweet Potato Wedges & Creamy Pesto

COSY COMFORTS TAKEAWAY FAVES CLIMATE SUPERSTAR











Brown Onion

Tomato

Baby Cos Lettuce





Haloumi

Bake-At-Home Burger Buns



Creamy Pesto Dressing

Ready in: 35-45 mins



IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD! Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

> Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Add oven-baked sweet potato wedges to complete this comforting meal that will satisfy those burger cravings!

Pantry items Olive Oil, Balsamic Vinegar,

Brown Sugar

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
olive oil*	refer to method	refer to method
sweet potato	2	4
brown onion	1	2
tomato	1	2
baby cos lettuce	½ head	1 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
haloumi**	1 packet	2 packets

*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)	4993kJ (1193Cal)	714kJ (171Cal)
Protein (g)	47.8g	6.8g
Fat, total (g)	68.4g	9.8g
- saturated (g)	34g	4.9g
Carbohydrate (g)	85.4g	12.2g
- sugars (g)	26.6g	3.8g
Sodium (mg)	2751mg	393mg
Dietary Fibre	13.7g	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 2024 | CW24



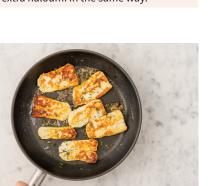


Bake the sweet potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- Place haloumi in a medium bowl and cover with water to soak.
- · 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.

Custom Recipe: If you've doubled your haloumi, prepare extra haloumi in the same way.



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: Cook haloumi in batches for best results.



Get prepped

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



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.



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 bun bases with creamy pesto dressing.
- Top with reserved lettuce, the tomato slices. haloumi and caramelised onion.
- Serve with sweet potato wedges and salad. Enjoy!

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