



Italian Beef & Haloumi Burgers

with Caramelised Onion & Apple Salad

HALL OF FAME

KID FRIENDLY

Grab your meal kit
with this number

4



Apple



Tomato



Brown Onion



Haloumi



Beef Mince



Fine Breadcrumbs



Garlic & Herb
Seasoning



Bake-At-Home
Burger Buns



Mixed Salad
Leaves



Mayonnaise



Diced
Bacon



Pork
Mince

Prep in: 25-35 mins
Ready in: 25-35 mins

Boasting a juicy, herb-laced beef patty and golden seared haloumi, this double decker burger delivers all the goods. To balance out the richness, top with perfectly ripe tomato slices and serve with a simple apple salad.

Pantry items

Olive Oil, Balsamic Vinegar, Egg,
Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| apple | ½ | 1 |
| tomato | 1 | 2 |
| brown onion | 1 | 2 |
| haloumi | 1 packet | 2 packets |
| balsamic vinegar* (for the salad) | drizzle | drizzle |
| beef mince | 1 medium packet | 2 medium packets OR 1 large packet |
| fine breadcrumbs | ½ medium packet | 1 medium packet |
| egg* | 1 | 2 |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| balsamic vinegar* (for the onion) | 1 tbs | 2 tbs |
| water* | ½ tbs | 1 tbs |
| brown sugar* | 1 tsp | 2 tsp |
| bake-at-home burger buns | 2 | 4 |
| mixed salad leaves | 1 small packet | 1 medium packet |
| mayonnaise | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|----------------|
| Energy (kJ) | 4500kJ (1075Cal) | 764kJ (182Cal) |
| Protein (g) | 59.9g | 10.2g |
| Fat, total (g) | 57.5g | 9.8g |
| - saturated (g) | 25.2g | 4.3g |
| Carbohydrate (g) | 70.6g | 12g |
| - sugars (g) | 21.1g | 3.6g |
| Sodium (mg) | 2149mg | 365mg |
| Dietary Fibre (g) | 10.1g | 1.7g |

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

- Preheat oven to **240°C/220°C fan-forced**. Thinly slice **apple** (see ingredients). Thinly slice **tomato** into rounds. Thinly slice **brown onion**.
- Place **haloumi** in a medium bowl and cover with water to soak.
- In a second medium bowl, combine the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Set aside.
- In a third medium bowl, combine **beef mince**, **fine breadcrumbs** (see ingredients), the **egg** and **garlic & herb seasoning**. Season generously with **salt** and **pepper**. Shape **beef mixture** into evenly sized patties (one per person) slightly larger than the burger buns.



Cook the haloumi & patties

- Wash and dry frying pan, return to medium-high heat with a drizzle of **oil**. Cook **haloumi** until golden brown, **2 minutes** each side. Transfer to a plate.
- Return frying pan to medium-high heat. Cook **patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded).
- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.



Caramelize the onion & prep the haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar (for the onion)**, the **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- Meanwhile, drain **haloumi** and pat dry. Slice **haloumi** horizontally to get one piece per person.



Serve up

- Add **mixed salad leaves** and apple to the bowl with the dressing. Season, then toss to coat.
- Spread burger bases with **mayonnaise**.
- Top with beef patty, haloumi, caramelised onion and tomato.
- Serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



ADD DICED BACON

Before cooking the patties, cook diced bacon, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



SWAP PORK MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

