



Hearty Haloumi & Caramelised Onion Burger

with Sweet Potato Wedges & Creamy Pesto

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Sweet Potato



Brown Onion



Tomato



Baby Cos Lettuce



Haloumi



Bake-At-Home Burger Buns



Creamy Pesto Dressing



Chicken Breast



Haloumi

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

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

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

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* <i>(for the onion)</i>	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
balsamic vinegar* <i>(for the salad)</i>	½ tbs	1 tbs
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3841kJ (918cal)	340kJ (81cal)
Protein (g)	31.1g	2.8g
Fat, total (g)	47.5g	4.2g
- saturated (g)	19.5g	1.7g
Carbohydrate (g)	84.3g	7.5g
- sugars (g)	25.4g	2.2g
Sodium (mg)	1590mg	140.7mg
Dietary Fibre (g)	13.7g	1.2g

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.



Bake the sweet potato 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.



Get prepped

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



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)**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



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.



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, tomato slices, hearty haloumi and caramelised onion.
- Serve with sweet potato wedges and salad. Enjoy

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

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

