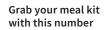


Hearty Haloumi & Caramelised Onion Burger with Sweet Potato Wedges & Creamy Pesto

CLIMATE SUPERSTAR









Sweet Potato











Haloumi

Bake-At-Home Burger Buns



Creamy Pesto Dressing







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* (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
* Dantry Itoms		

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.



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), 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







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



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.

