

Haloumi & Beetroot Relish Burger

with Spiced Sweet Potato Fries

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Haloumi



Sweet Potato



Paprika Spice Blend



Brown Onion



Beetroot



Bake-At-Home Burger Buns



Smokey Aioli



Mixed Salad Leaves



Chicken Tenderloins



Haloumi

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

This squeaky burger gets a big "yes, please!" from all of our recipe testers and for good reason. With tangy beetroot relish, smokey aioli and a fresh touch from salad leaves, every bite is a true delight.

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
haloumi	1 packet	2 packets
sweet potato	2	4
paprika spice blend	1 sachet	2 sachets
brown onion	½	1
beetroot	1	2
balsamic vinegar*	2 tbs	4 tbs
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
bake-at-home burger buns	2	4
smokey aioli	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4019kJ (961cal)	375kJ (90cal)
Protein (g)	33.1g	3.1g
Fat, total (g)	43.4g	4g
- saturated (g)	18.9g	1.8g
Carbohydrate (g)	101.6g	9.5g
- sugars (g)	40.3g	3.8g
Sodium (mg)	2045mg	190.8mg
Dietary Fibre (g)	19.9g	1.9g

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.

1



Bake the sweet potato fries

- 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 fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **paprika spice blend** and season with a pinch of **pepper**.
- Toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your tray is crowded, divide the fries across two trays!

4



Cook the haloumi

- When the fries have **5 minutes** remaining, drain **haloumi** and pat dry.
- Cut **haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Add **haloumi** and cook until golden brown, **1-2 minutes** each side.

2



Get prepped

- Meanwhile, thinly slice **brown onion** (see ingredients).
- Grate **beetroot**.

TIP: If you want to avoid staining your fingers, don some gloves!

5



Bake the buns

- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

3



Cook the relish

- Heat a good drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **onion**, stirring, until softened, **3-4 minutes**.
- Add **beetroot**, the **balsamic vinegar** and **brown sugar** and cook, stirring, until softened, **2-3 minutes**.
- Add the **water** and cook, stirring occasionally, until reduced, **5-6 minutes**. Season with a pinch of **salt** and **pepper**.

TIP: Store any leftover beetroot relish in the fridge!

6



Serve up

- Spread burger buns with **smokey aioli**.
- Top with the beetroot relish, **mixed salad leaves** and haloumi.
- Serve with spiced sweet potato fries and any remaining smokey aioli. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 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.

