



Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

CLIMATE SUPERSTAR

Grab your meal kit
with this number

33



Haloumi



Sweet Potato



Tomato



Red Onion



Bake-At-Home
Burger Buns



Tomato Relish



Mixed Salad
Leaves



Chicken
Breast



Haloumi

Prep in: 25-35 mins
Ready in: 35-45 mins

Prepare to fall in love with haloumi all over again when you taste this irresistible burger. With tomato relish and caramelised onion also in the mix, plus sweet potato wedges on the side, this dinner is all-round delish!

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
tomato	1	2
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
bake-at-home burger buns	2	4
tomato relish	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (804cal)	354kJ (85cal)
Protein (g)	30.8g	3.2g
Fat, total (g)	32.3g	3.4g
- saturated (g)	18g	1.9g
Carbohydrate (g)	89.8g	9.5g
- sugars (g)	29.8g	3.1g
Sodium (mg)	1676mg	176.4mg
Dietary Fibre (g)	13g	1.4g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **haloumi** into 1cm-thick slices.
- In a medium bowl, add **haloumi** and cover with **water**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Get prepped

- Meanwhile, thinly slice **tomato**.
- Thinly slice **red onion**.

3



Caramelize the onion

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

4



Bake the burger buns

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

5



Cook the haloumi

- While the buns are baking, drain **haloumi** and pat dry.
- Return frying pan to medium-high with a drizzle of **olive oil**.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.

6



Serve up

- Spread **tomato relish** over the bases of the burgers. Top with **mixed salad leaves**, tomato, haloumi and caramelised onion.
- Serve with sweet potato wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW39



CUSTOM OPTIONS

+ ADD 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.

