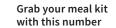


Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

CLIMATE SUPERSTAR















Tomato

Red Onion





Bake-At-Home Burger Buns

Tomato Relish



Leaves







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
refer to method	refer to method
1 packet	2 packets
2	4
1	2
1	2
1 tbs	2 tbs
½ tbs	1 tbs
2	4
1 packet	2 packets
1 small packet	1 medium packet
	refer to method 1 packet 2 1 1 1 tbs ½ tbs 2 1 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Get prepped

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



Caramelise 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.



Bake the burger buns

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



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.



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!