

Crumbed Haloumi & Caramelised Onion Burger

with Buttery Corn Cobs

CLIMATE SUPERSTAR

Grab your meal kit
with this number

43



Corn



Tomato



Brown Onion



Haloumi



Panko Breadcrumbs



Bake-At-Home
Burger Buns



Smokey Aioli



Mixed Salad
Leaves



Diced
Bacon



Cheddar
Cheese

Prep in: **30-40 mins**
Ready in: **30-40 mins**

Serve up a hearty, meat-free burger with a golden "patty" of crumbed haloumi! We've added creamy burger sauce, quick caramelised onion and a sweet and juicy corn cob side to turn this easy dinner into a taste sensation.

Pantry items

Olive Oil, Balsamic Vinegar,
Brown Sugar, Plain Flour, Egg

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
tomato	1	2
brown onion	1	2
haloumi	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
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)	4274kJ (1021cal)	380kJ (91cal)
Protein (g)	39.7g	3.5g
Fat, total (g)	48.6g	4.3g
- saturated (g)	20.4g	1.8g
Carbohydrate (g)	98.3g	8.7g
- sugars (g)	23.6g	2.1g
Sodium (mg)	1781mg	158.3mg
Dietary Fibre (g)	17.8g	1.6g

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **corn** cob in half.
- Thinly slice **tomato** into rounds.
- Thinly slice **brown onion**.
- Bring a medium saucepan of salted water to the boil.
- In a medium bowl, add **haloumi** and cover with water to soak.

4



Cook the corn

- While the haloumi is cooking, cook **corn** in the saucepan of boiling water until tender and bright yellow, **5 minutes**.
- Drain **corn**, then set aside.

2



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

5



Heat the burger buns

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

3



Cook the haloumi

- Drain **haloumi** and pat dry. Slice **haloumi** horizontally to get one thin piece per person.
- In a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **haloumi** into **flour mixture** to coat, then into the **egg** and finally into the **breadcrumbs**. Set aside on a plate.
- Wipe out frying pan, then return to medium-high heat with enough **olive oil** to coat the base. When oil is hot, cook **haloumi** until golden brown, **2 minutes** each side. Transfer to a paper towel-lined plate.

6



Serve up

- Spread the bun bases with **smokey aioli**.
- Top with **mixed salad leaves**, crumbed haloumi, caramelized onion and sliced tomato.
- Serve with corn cobs. Enjoy!

TIP: Grab some butter and spread along the corn cob to taste!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

Cook with the onion. Follow method above.



ADD CHEDDAR CHEESE

Sprinkle over buns before heating.

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

