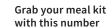


Crumbed Haloumi Burger & Corn Cobs

with Caramelised Onion

CLIMATE SUPERSTAR











Brown Onion





Haloumi

Panko Breadcrumbs



Burger Buns



Plant-Based Smokey



Leaves





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

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

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	2 People	4 People
olive oil*	refer to method	refer to method
corn	1 cob	2 cobs
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
haloumi	1 packet	2 packets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
plant-based 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.



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.



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.
- 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.



Cook the haloumi

- 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 egg and finally in 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.



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.



Heat the burger buns

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



Serve up

- · Spread the bun bases with plant-based smokey
- Top with crumbed haloumi, mixed salad leaves, sliced tomato and caramelised onion.
- · Serve with corn cobs. Enjoy!

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

