

# Crumbed Haloumi & Sticky Onion Burger

with Buttery Corn Cobs

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

33



Corn



Tomato



Brown Onion



Haloumi



Panko Breadcrumbs



Bake-At-Home  
Burger Buns



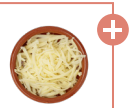
Smokey Aioli



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               |
| 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               |
| 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)       | 4193kJ (1002cal) | 719kJ (123cal) |
| Protein (g)       | 40.1g            | 6.9g           |
| Fat, total (g)    | 48.4g            | 8.3g           |
| - saturated (g)   | 20.3g            | 3.5g           |
| Carbohydrate (g)  | 98g              | 16.8g          |
| - sugars (g)      | 23.4g            | 4g             |
| Sodium (mg)       | 1565mg           | 268.4mg        |
| Dietary Fibre (g) | 17.8g            | 3.1g           |

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



## 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.

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, 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

- 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**.
- Coat **haloumi** first in the **flour mixture**, followed by the **egg** and finally in 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 **crumbed 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 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### ADD DICED BACON

Cook with onions, breaking up with a spoon, until golden.



#### ADD CHEDDAR CHEESE

Sprinkle over buns before warming.

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

