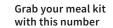


Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

CLIMATE SUPERSTAR









Haloumi

Sweet Pota





Cucumber

Onio





Bake-At-Home Burger Buns

Tomato Relish



Mixed Salad



Chicken Breast

Haloumi



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)	3287kJ (550cal)	550kJ (92cal)
Protein (g)	31.4g	5.3g
Fat, total (g)	32.1g	5.4g
- saturated (g)	17.9g	3g
Carbohydrate (g)	89.5g	15g
- sugars (g)	29.7g	5g
Sodium (mg)	1467mg	245.3mg
Dietary Fibre (g)	13.2g	2.2g

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 cucumber and 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, the 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, then bake directly on a wire oven rack, until heated through, 2-3 minutes.



Cook the haloumi

- Meanwhile, drain **haloumi** and pat dry.
- Return frying pan to medium-high heat 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, cucumber, haloumi and caramelised onion.
- Serve with sweet potato wedges. Enjoy!



