



# Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Haloumi



Sweet Potato



Cucumber



Onion



Bake-At-Home Burger Buns



Tomato Relish



Mixed Salad Leaves



Chicken Breast



Haloumi

Prep in: 25-35 mins  
Ready in: 35-45 mins

Prepare to fall in love with haloumi all over again when you taste this irresistible burger. With tomato relish and caramelised onion also in the mix, plus sweet potato wedges on the side, this dinner is all-round delish!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
sweet potato	2	4
cucumber	1	2
onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
bake-at-home burger buns	2	4
tomato relish	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

4



## Bake the burger buns

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

2



## Get prepped

- Meanwhile, thinly slice **cucumber** and **onion**.

3



## 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**.
- 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.

5



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

#### + DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

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

