



# SESAME-CRUSTED HALOUMI BURGER

with Sweet Chilli Mayo



Add a sesame seed crust to haloumi



Haloumi



Cucumber



Tomato



Carrot



Coriander



Mayonnaise



Sweet Chilli Sauce



Sesame Seeds



Black Sesame Seeds



Bake-At-Home Burger Bun



Mixed Salad Leaves

Hands-on: 15 mins  
Ready in: 20 mins

We admit that we're low-key obsessed with haloumi. Who isn't? We're always trying to find new delicious ways to enjoy it, and we think this sesame crust might be our best idea yet.

**Pantry Staples:** Olive Oil, Egg, Plain Flour, Balsamic Vinegar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



### 1 GET PREPPED

Cut the **haloumi** into 1cm slices (you should get 2 pieces per person). Place the haloumi slices in a small bowl of cold water and set aside to soak for **5 minutes**.

**TIP:** Soaking the haloumi helps mellow out the saltiness. Slice the **cucumber** into 1cm rounds. Slice the **tomato** into 1cm rounds. Grate the **carrot** (unpeeled). Pick the **coriander** leaves. In a small bowl, combine the **mayonnaise** and **sweet chilli sauce**.



### 4 COOK THE HALOUMI

In a medium frying pan, heat a **generous drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **sesame-crusted haloumi** and cook for **2-3 minutes** on each side, or until the sesame seeds are golden and the haloumi is soft. Transfer to a plate and set aside. **TIP:** Flip the haloumi only once to help the sesame seeds stay on while cooking.



### 2 PREPARE THE SESAME CRUST

In the shallow bowl, whisk the **egg** with a fork. On a plate, combine the **sesame seeds**, **black sesame seeds** and **plain flour**.



### 3 COAT THE HALOUMI

Pat the **haloumi** dry with paper towel. Dip the haloumi slices into the egg, then gently press both sides into the **sesame seed flour mixture**. Place the sesame seed-crusted haloumi on a plate, ready to fry! **TIP:** Though a little messy, coating haloumi in sesame seeds provides a fabulous crunch and flavour.



### 5 HEAT THE BURGER BUNS

Place the **bake-at-home burger buns** on a plate and microwave for **1 minute**. Halve the buns and toast in the frying pan over a medium-high heat for **3-4 minutes** or until golden. **TIP:** If you don't have a microwave, you can bake the buns on the wire rack at **180°C/160°C fan-forced** for **3 minutes**, or until heated through. Reserve a handful of **mixed salad leaves** for the burgers. In a medium bowl, combine the **balsamic vinegar** and **olive oil** (**2 tsp for 2 people**) / (**1 tbs for 4 people**). Add the grated **carrot** and remaining mixed salad leaves and toss to coat.



### 6 SERVE UP

Divide the burger buns between plates and spread the bases with the sweet chilli mayo. Top with the reserved mixed salad leaves, sesame-crusted haloumi, cucumber, tomato and coriander. Serve with the salad.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
haloumi	1 block	2 blocks
cucumber	1	2
tomato	1	2
carrot	1	2
coriander	1 bunch	1 bunch
mayonnaise	1 tub (40 g)	2 tubs (80 g)
sweet chilli sauce	1 tub (25 g)	1 tub (50 g)
egg*	1	2
sesame seeds	1 sachet	2 sachets
black sesame seeds	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
bake-at-home burger bun	2	4
mixed salad leaves	1 bag (60 g)	1 bag (120 g)
balsamic vinegar*	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (854Cal)	754kJ (180Cal)
Protein (g)	35.4g	7.5g
Fat, total (g)	51.7g	10.9g
- saturated (g)	19.9g	4.2g
Carbohydrate (g)	55.7g	11.8g
- sugars (g)	15.4g	3.2g
Sodium (g)	1490mg	314mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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