

Haloumi & Caramelised Onion Burger

with Potato Wedges & Creamy Pesto

Grab your Meal Kit with this symbol



Potato



Brown Onion



Tomato



Baby Cos Lettuce



Haloumi



Bake-At-Home Burger Buns




Creamy Pesto Dressing



Chicken Breast

Prep in: **20-30 mins**
Ready in: **35-45 mins**

 Eat Me Early*
*Custom Recipe only

Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with oven-baked potato wedges, you're very welcome!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

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
potato	2	4
brown onion	1	2
tomato	1	2
baby cos lettuce	½ head	1 head
haloumi	1 packet	2 packets
balsamic vinegar* (for the onion)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
balsamic vinegar* (for the salad)	½ tbs	1 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3749kJ (896Cal)	615kJ (147Cal)
Protein (g)	32.1g	5.3g
Fat, total (g)	49.2g	8.1g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	77.2g	12.7g
- sugars (g)	17.2g	2.8g
Sodium (mg)	1454mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3357kJ (802Cal)	491kJ (117Cal)
Protein (g)	48.3g	7.1g
Fat, total (g)	31.6g	4.6g
- saturated (g)	6.6g	1g
Carbohydrate (g)	76g	11.1g
- sugars (g)	16.2g	2.4g
Sodium (mg)	507mg	74mg

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.

We're here to help!

Scan here if you have any questions or concerns



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Cook the haloumi

- Wash and dry frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi** until golden, **1-2 minutes** each side.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Get prepped

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **tomato**. Finely shred **baby cos lettuce** (see ingredients).
- Cut **haloumi** into 1cm-thick slices.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Dress the salad

- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire rack in the oven, until heated through, **2-3 minutes**.
- Reserve a handful of **cos lettuce** for the burgers, then place the rest in a medium bowl. Add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat. Season to taste.



Caramelize the onions

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Add the **balsamic vinegar (for the onion)**, the **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



Serve up

- Spread bun bases with **creamy pesto dressing**. Top with reserved lettuce, the tomato slices, haloumi and caramelised onion.
- Serve with potato wedges and salad. Enjoy!

Custom Recipe: Top burgers with chicken steaks.

Rate your recipe

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