



# Haloumi & Caramelised Onion Burger

with Potato Wedges & Creamy Pesto

CLIMATE SUPERSTAR

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
<b>olive oil*</b>	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
<b>balsamic vinegar*</b> (for the onion)	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
bake-at-home burger buns	2	4
<b>balsamic vinegar*</b> (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](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.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.

2



## 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.

3



## 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.

4



## 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).

5



## 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 the **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.

6



## Serve up

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

**Custom Recipe:** Top burgers with chicken steaks.

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)