



Mediterranean Haloumi, Pesto & Caramelised Onion Burger

with Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Brown Onion



Tomato



Bake-At-Home Burger Buns



Mixed Salad Leaves



Creamy Pesto Dressing

Hands-on: 20-30 mins
Ready in: 40-50 mins

We're so excited about this burger, with crispy chunks of squeaky level-one haloumi, creamy pesto and a side of golden sweet potato wedges. Let's just say you won't need the local pub's menu on hand when you've got this recipe under your belt.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
haloumi	1 block	2 blocks
brown onion	1	2
tomato	1	2
balsamic vinegar* (for the onions)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	2 tsp	1 tbs
creamy pesto dressing	1 tub (50g)	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	605kJ (145Cal)
Protein (g)	35.3g	5.7g
Fat, total (g)	45.6g	7.3g
- saturated (g)	20.1g	3.2g
Carbohydrate (g)	81.0g	13.0g
- sugars (g)	25.1g	4.0g
Sodium (g)	1610mg	258mg

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.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place the **sweet potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time!



2. Get prepped

While the wedges are baking, slice the **haloumi** into **2 thin pieces per person**. Place the **haloumi** slices in a small bowl of cold water and leave to soak. Thinly slice the **brown onion**. Thinly slice the **tomato**.

TIP: Soaking the haloumi helps mellow out the saltiness!



3. Caramelize the onion

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl. Wash and return the pan to a medium-high heat with a **drizzle** of **olive oil**. Drain the **haloumi**, pat dry with paper towel and add to the pan. Cook until golden, **2 minutes** each side.



4. Heat the buns

Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



5. Dress the salad leaves

In a medium bowl, combine the **mixed salad leaves** (reserve some for the burgers) with the **balsamic vinegar (for the salad)** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season to taste with **salt** and **pepper**.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Cut the buns in half. Spread the base of each bun with **creamy pesto dressing**. Top with the reserved mixed salad leaves, the tomato slices, haloumi and caramelised onion. Serve with the sweet potato wedges and salad.

Enjoy!