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Haloumi Burger with Hummus & Red Capsicum Relish

Just call this burger the hit machine, because it's full of all the greats! Beautiful smoky capsicum and cherry tomatoes are way better than any ketchup, and with favourites like crispy haloumi and creamy hummus, don't be surprised if you feel like dancing the night away.

 **Prep:** 5 mins
 **Cook:** 35 mins
Total: 40 mins

 level 1

 high fibre

 veggie

Pantry Items



Olive Oil



Balsamic
Vinegar



Red Capsicum



Cherry Tomatoes



Bake-At-Home
Burger Buns



Haloumi



Rocket Leaves



Hummus

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2P	4P	Ingredients
1	2	red capsicum
1 tbs	2 tbs	olive oil *
½ punnet	1 punnet	cherry tomatoes, halved
2 tsp	1 tbs	balsamic vinegar *
2	4	bake-at-home wholemeal burger buns
½ block	1 block	haloumi, cut into 1 cm thick slices
1 bag	2 bags	rocket leaves, washed
2 tbs	4 tbs	hummus

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2300	Kj
Protein	24.3	g
Fat, total	29.3	g
-saturated	10.3	g
Carbohydrate	40.3	g
-sugars	7.8	g
Sodium	1100	mg



You will need: *chef's knife, chopping board, pastry brush, small bowl, medium bowl, oven tray lined with baking paper, cling wrap and a medium frying pan.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Using a sharp knife, cut off the four sides of the **red capsicum** and discard the core. Place the capsicum pieces skin side up on the lined oven tray and brush with half of the **olive oil**. Season with **salt** and **pepper**.

3 In a small bowl, toss the **cherry tomatoes**, **balsamic vinegar** and a dash of the remaining olive oil. Season with salt and pepper and place along side the capsicum on the prepared oven tray. Roast the vegetables in the oven for **20 minutes** or until the skin of the capsicum has blistered and the tomatoes have collapsed. Place the capsicum in a medium bowl, cover with cling wrap and set aside for **10 minutes** (this will help the skins slide off).

4 Peel the capsicum skins off and discard. Slice the roasted capsicum into thin strips and combine with the roasted tomatoes. Set aside.

5 Place the **bake-at-home wholemeal burger buns** in the oven for **5 minutes** or until baked. Remove and halve horizontally.

6 Heat a lightly greased medium frying pan over a medium-high heat. Add the **haloumi slices** and cook for **1-2 minutes** on each side or until golden.

7 Fill the burger buns with the haloumi, roasted capsicum and tomatoes, **rocket leaves** and **hummus**. Enjoy!

