

## 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**





Balsamic



Red Capsicum



Haloumi



Cherry Tomatoes



Rocket Leaves



Bake-At-Home Burger Buns



Hummus

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	

<del>1</del>	Ingredient features in another recipe
*	Pantry Items

Pre-preparation

## **Nutrition per serve**

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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		

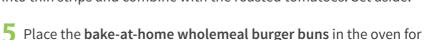


You will need: chef's knife, chopping board, pastry brush, small bowl, medium bowl, oven tray lined with baking paper, cling wrap and a medium frying pan.

- 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.



- Place the bake-at-home wholemeal burger buns in the oven forminutes 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.



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