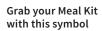


# HELLO Crumbed Haloumi & Caramelised Onion Burger with Corn Cobs with Corn Cobs



**CLIMATE SUPERSTAR** 











**Brown Onion** 





Panko Breadcrumbs



Bake-At-Home

Haloumi



**Burger Sauce** 



Mixed Salad Leaves



Diced Bacon

**Pantry items** 

Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour, Egg

## 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

Medium saucepan · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
corn	1 cob	2 cobs	
tomato	1	2	
brown onion	1	2	
balsamic vinegar*	1 tbs	2 tbs	
brown sugar*	1 tsp	2 tsp	
haloumi	1 packet	2 packets	
plain flour*	1 tbs	2 tbs	
egg*	1	2	
panko breadcrumbs	1 medium packet	2 medium packets	
bake-at-home burger buns	2	4	
burger sauce	1 medium packet	2 medium packets	
mixed salad leaves	1 small packet	1 medium packet	
diced bacon**	1 medium packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4279kJ (1023Cal)	734kJ (175Cal)
Protein (g)	40.1g	6.9g
Fat, total (g)	50.8g	8.7g
- saturated (g)	20.4g	3.5g
Carbohydrate (g)	98.1g	16.8g
- sugars (g)	23.4g	4g
Sodium (mg)	1655mg	284mg
Dietary Fibre (g)	15.2g	2.6g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4667kJ (1115Cal)	743kJ (178Cal)
Protein (g)	47g	7.5g
Fat, total (g)	57.5g	9.2g
- saturated (g)	22.9g	3.6g
Carbohydrate (g)	98.9g	15.8g
- sugars (g)	23.9g	3.8g
Sodium (mg)	2085mg	332mg
Dietary Fibre	15.2g	2.4g

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!





## Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- · Cut corn cob in half.
- Thinly slice tomato into rounds.
- Thinly slice brown onion.
- · Bring a medium saucepan of salted water to the boil.



## Caramelise the onion

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

Custom Recipe: If you've added diced bacon, cook bacon with the onion, breaking up with a spoon, until golden, 5-6 minutes. Continue as above.



### Cook the haloumi

- Slice haloumi horizontally to get one thin piece
- In a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip haloumi into flour to coat, then into egg and finally in **breadcrumbs**. Set aside on a plate.
- Wipe out frying pan, then return to medium-high heat with enough olive oil to coat the base. When oil is hot, cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate.



## Cook the corn

- While the haloumi is cooking, cook corn in the saucepan of boiling water until tender and bright yellow, 5 minutes.
- Drain corn, then set aside.



## Heat the burger buns

• Halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



## Serve up

- Spread the bun bases with burger sauce.
- Top with crumbed haloumi, mixed salad leaves. sliced tomato and caramelised onion.
- Serve with corn cobs (spread with a little butter, if you'd like!). Enjoy!

Custom Recipe: Top buns with crumbed haloumi, mixed salad leaves, sliced tomato and caramelised bacon-onion and as above.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



