



Crumbed Haloumi & Caramelised Onion Burger

with Corn Cobs

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Corn



Tomato



Brown Onion



Haloumi



Panko Breadcrumbs



Bake-At-Home Burger Buns



Burger Sauce



Mixed Salad Leaves



Diced Bacon

Prep in: 30-40 mins
Ready in: 30-40 mins

Serve up a hearty, meat-free burger with a golden "patty" of crumbed haloumi! We've added creamy burger sauce, quick caramelised onion and a sweet and juicy corn cob side to turn this easy dinner into a taste sensation.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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!

Scan here if you have any questions or concerns



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.



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.



Caramelize 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.



Heat the burger buns

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



Cook the haloumi

- Slice **haloumi** horizontally to get one thin piece per person.
- 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.



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.

Rate your recipe

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