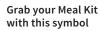


# Haloumi & Caramelised Onion Burger with Sweet Potato Wedges & Creamy Pesto





Haloumi

Tomato

Mixed Salad

Leaves



Bake-At-Home Burger Buns



Creamy Pesto Dressing

Pantry items Olive Oil, Balsamic Vinegar, Brown Sugar

Hands-on: 20-30 mins Ready in: 35-45 mins

Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with oven-baked sweet potato wedges, you're very welcome!

# 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  $\cdot$  Medium frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
haloumi	1 packet	2 packets
brown onion	1	2
tomato	1	2
<i>balsamic vinegar*</i> (for the onion)	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
mixed salad leaves	1 medium bag	1 large bag
<i>balsamic vinegar*</i> (for the salad)	½ tbs	1 tbs
creamy pesto dressing	1 packet (50g)	<b>1 packet</b> (100g)
*Pantry Items		

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3819kJ (913Cal)	642kJ (153Cal)
Protein (g)	31g	5.2g
Fat, total (g)	48.9g	8.2g
- saturated (g)	18.9g	3.2g
Carbohydrate (g)	79.9g	13.4g
- sugars (g)	26g	13.4g
Sodium (mg)	1389mg	234mg

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.



#### Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out in a single layer and bake until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.



## Get prepped

While the wedges are baking, pat the **haloumi** dry with paper towel. Slice into 2cm-thick slices (two per person). Thinly slice the **brown onion**. Thinly slice the **tomato**.



# Caramelise the onions

In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, the **water** and **brown sugar**, then mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



#### Cook the haloumi

Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **haloumi** until golden, **1-2 minutes** each side.



## Prep the buns & salad

Place the **bake-at home burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**. While the buns are baking, reserve a handful of the **mixed salad leaves** for the **burgers**, then place the rest in a medium bowl. Add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat. Season to taste.



# Serve up

Cut the buns in half and spread the bases with the **creamy pesto dressing**. Top with the reserved mixed salad leaves, tomato slices, haloumi and caramelised onion. Serve with the sweet potato wedges and salad.

Enjoy!

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