



Haloumi & Caramelised Onion Burger

with Sweet Potato Wedges & Creamy Pesto

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Brown Onion



Tomato



Bake-At-Home
Burger Buns



Mixed Salad
Leaves



Creamy Pesto
Dressing

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!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 · 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
balsamic vinegar* (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
balsamic vinegar* (for the salad)	½ tbs	1 tbs
creamy pesto dressing	1 packet (50g)	1 packet (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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