



# Mediterranean Haloumi, Pesto & Caramelised Onion Burger with Sweet Potato Wedges

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: 40-50 mins

We're so excited about this burger, with crispy chunks of squeaky level-one haloumi, creamy pesto and a side of sweet potato wedges. Let's just say you won't need the local pub's menu on hand when you've got this recipe under your belt.

## 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 block	2 blocks
brown onion	1	2
tomato	1	2
balsamic vinegar* (for the onions)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
mixed salad leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	2 tsp	1 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3835kJ (916Cal)	642kJ (153Cal)
Protein (g)	30.9g	5.2g
Fat, total (g)	48.4g	8.1g
- saturated (g)	19.4g	3.2g
Carbohydrate (g)	81g	13.6g
- sugars (g)	26.3g	4.4g
Sodium (mg)	1545mg	259mg

## Allergens

Always read product labels for the most up-to-date allergen information.

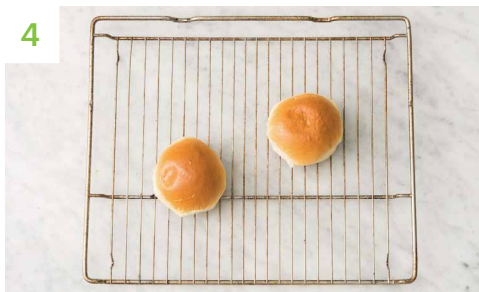
Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season **salt** and **pepper**. Toss to coat, then spread out in a single layer and bake until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time!



## Heat the buns

Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**.



## Get prepped

While the wedges are baking, slice the **haloumi** into 2 thin pieces per person. Place the **haloumi** slices in a small bowl of cold water and leave to soak. Thinly slice the **brown onion** and **tomato**.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



## Dress the salad leaves

In a medium bowl, combine the **mixed salad leaves** (keep some plain for the burgers!) with the **balsamic vinegar (for the salad)** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people). Season to taste.



## Caramelize the onions

In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl. Wash out the pan. Return the pan to a medium-high heat with a drizzle of **olive oil**. Drain the **haloumi**, pat dry with paper towel and cook until golden, **2 minutes** each side.



## Serve up

Cut the buns in half. Spread the base of each bun with **creamy pesto dressing**. Top with the reserved mixed salad leaves, the tomato slices, haloumi and caramelised onions. Serve with the sweet potato wedges and dressed salad leaves.

Enjoy!