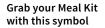


Haloumi, Pesto & Caramelised Onion Burger

with Sweet Potato Wedges



















Mixed Salad

Bake-At-Home Burger Buns

Leaves



Creamy Pesto Dressing



Hands-on: 20-30 mins Ready in: 40-50 mins

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

9			
	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*	½ tbs	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)	½ tbs	1 tbs	
creamy pesto dressing	1 packet (50g)	1 packet (100g)	
creamy pesto	•	•	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3848kJ (919Cal)	645kJ (154Cal)
Protein (g)	31.2g	5.2g
Fat, total (g)	49.4g	8.3g
- saturated (g)	18.5g	3.1g
Carbohydrate (g)	79.7g	13.4g
- sugars (g)	26.5g	4.4g
Sodium (mg)	1235mg	207mg

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 (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with olive oil and season with 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!



Get prepped

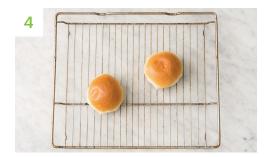
While the wedges are baking, slice the **haloumi** into 2 thin pieces per person. Place the **haloumi** slices in a small bowl of cold water and leave to soak. Thinly slice the **brown onion**. Thinly slice the **tomato**.

TIP: Soaking the haloumi helps mellow out the saltiness!



Caramelise the onions

Heat a drizzle of **olive oil** in a medium frying pan 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 a paper towel and add to the pan. Cook until golden, **2 minutes** each side.



Heat the buns

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



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 a drizzle of **olive oil**. Season to taste.



Serve up

Cut the buns in half. Spread the bases 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 salad.

Enjoy!