



Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Tomato



Brown Onion



Bake-At-Home
Burger Buns



Tomato Relish



Mixed Salad
Leaves

Hands-on: 25-35 mins
Ready in: 35-45 mins

Prepare to fall in love with haloumi all over again when you taste this irresistible burger. With rich tomato relish and sweet caramelised onion also in the mix, plus oven-baked sweet potato wedges, this dinner is all-round delish!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
haloumi	1 packet	2 packets
tomato	1	2
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
bake-at-home burger buns	2	4
tomato relish	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	582kJ (139Cal)
Protein (g)	31.1g	5.4g
Fat, total (g)	33.8g	5.9g
- saturated (g)	17.5g	3g
Carbohydrate (g)	85.7g	14.8g
- sugars (g)	31.2g	5.4g
Sodium (mg)	1506mg	261mg

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

1



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. Roast until tender, **25-30 minutes**.

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

2



Get prepped

While the wedges are baking, slice the **haloumi** horizontally to get one piece per person. Thinly slice the **tomato**. Thinly slice the **brown onion**.

3



Caramelize the onion

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

4



Bake the burger buns

While the onion is caramelising, place the **bake-at-home burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**.

5



Cook the haloumi

Wipe out the frying pan, then return to a medium high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side.

6



Serve up

Slice the burger buns in half. Spread the **tomato relish** over the bases. Top with a handful of **mixed salad leaves**, the tomato slices, haloumi and caramelised onion, and any remaining salad leaves. Serve with the sweet potato wedges.

Enjoy!

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