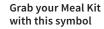


# Haloumi & Tomato Relish Burger with Sweet Potato Wedges









Sweet Potato



Tomato

**Brown Onion** 



Bake-At-Home



**Burger Buns** 



Mixed Salad Leaves





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

<sup>\*</sup>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 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. Roast until tender, 25-30 minutes.

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



## 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**.



#### Caramelise 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.



## 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**.



### 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.



#### 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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