



Haloumi & Tomato Relish Burger

with Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Brown Onion



Bake-At-Home Burger Buns



Mixed Salad Leaves



Haloumi



Tomato Relish



Chicken Breast

Prep in: **25-35 mins**
Ready in: **35-45 mins**

Eat Me Early*
**Custom Recipe only*

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
haloumi	1 packet	2 packets
sweet potato	2	4
tomato	1	2
brown onion	1	2
balsamic vinegar*	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
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3383kJ (809Cal)	591kJ (141Cal)
Protein (g)	31.2g	5.4g
Fat, total (g)	34.1g	6g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	89.2g	15.6g
- sugars (g)	29.6g	5.2g
Sodium (mg)	1578mg	276mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4130kJ (987Cal)	560kJ (134Cal)
Protein (g)	65.7g	8.9g
Fat, total (g)	38.5g	5.2g
- saturated (g)	19.3g	2.6g
Carbohydrate (g)	89.7g	12.2g
- sugars (g)	30g	4.1g
Sodium (mg)	1659mg	225mg

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.

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Scan here if you have any questions or concerns

2022 | CW40



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with water.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat. Bake until tender, **25-30 minutes**.

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



Bake the burger buns

- Halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



Get prepped

- Meanwhile, thinly slice **tomato**. Set aside.
- Thinly slice **brown onion**.

Custom Recipe: If you've added chicken breast, get prepped as above, then place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Cook the haloumi

- Meanwhile, drain **haloumi** and pat dry.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.



Caramelize the onion

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

Custom Recipe: Before cooking the onion, place the pan over medium-high heat with a drizzle of olive oil. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate. Season with salt and pepper, then cover to keep warm. Continue with the step.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Spread **tomato relish** over the burger bun bases. Top with **mixed salad leaves**, tomato, haloumi and caramelised onion. Serve with sweet potato wedges. Enjoy!

Custom Recipe: Serve as above, adding the chicken after the tomato.

Rate your recipe

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