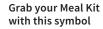


Haloumi & Tomato Relish Burger

with Sweet Potato Wedges













Brown Onion



Burger Buns





Mixed Salad



Haloumi

Leaves



Tomato Relish





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!

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

3			
	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
Energy (kJ)	4130kJ (9870
Protein (g)	65.7g
Fat, total (g)	38.5g

560kJ (134Cal) 8.9g 5.2g 19.3g 2.6g - saturated (g) 89.7g Carbohydrate (g) 12.2g 30g - sugars (g) 4.1g Sodium (mg) 1659mg

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 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.



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.



Caramelise 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.



Bake the burger buns

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



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.



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.

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns