



Indian Tandoori Haloumi Burger

with Garlic Yoghurt & Fries

Grab your Meal Kit with this symbol



Potato



Garlic



Mint



Haloumi



Greek Yoghurt



Tandoori Paste



Bake-At-Home Burger Buns



Tomato



Spinach & Rocket Mix

Hands-on: **20-30** mins
Ready in: **25-35** mins

We admit that we're a bit obsessed with haloumi. Who isn't? We're always trying to find delicious new ways to enjoy it, and we think this burger with Indian flavours might be our best idea yet.

Pantry items

Olive Oil

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
mint	1 bunch	1 bunch
haloumi	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
tandoori paste	¼ tub (12.5g)	½ tub (25g)
bake-at-home burger buns	2	4
tomato	1	2
spinach & rocket mix	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3100kJ (739Cal)	581kJ (139Cal)
Protein (g)	34.7g	6.5g
Fat, total (g)	31.5g	5.9g
- saturated (g)	18.7g	3.5g
Carbohydrate (g)	72.8g	13.7g
- sugars (g)	10.7g	2.0g
Sodium (g)	1350mg	254mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Cut the **haloumi** horizontally into 2 thin slices (you should get 1 piece per person). Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**.

TIP: Soaking the haloumi helps mellow out the saltiness!



3. Make the garlic yoghurt

In a medium frying pan, heat **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** and whisk to combine. Season to taste with **salt** and **pepper**. Set aside.



4. Cook the haloumi

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **haloumi** dry with paper towel. Add to the pan and cook until golden brown, **2 minutes** each side. Transfer to a plate and set aside. Remove the pan from the heat, add the **tandoori paste** (**1/4 tub for 2 people / 1/2 tub for 4 people**) and cook until fragrant, **1 minute**. Add some **garlic yoghurt** (**1 tbs for 2 people / 2 tbs for 4 people**) and stir until combined. Return the **haloumi** to the pan and turn to coat in the tandoori mixture.

TIP: The residual heat will cook the tandoori paste!



5. Bake the burger buns

Place the **bake-at-home burger buns** on a wire rack in the oven until heated through, **3 minutes**. While the buns are baking, thinly slice the **tomato**.



6. Serve up

Slice the burger buns in half and spread the bases with the garlic yoghurt. Top with the **spinach & rocket mix**, tandoori haloumi, mint and tomato. Serve with the fries.

Enjoy!