



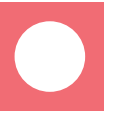
Mediterranean Beef & Haloumi Burger

with Avocado Salad, Caramelised Onion & Truffle Mayo

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Pear



Tomato



Avocado



Beef Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Onion



Haloumi/Grill Cheese



Burger Buns



Mixed Salad Leaves



Italian Truffle Mayonnaise

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

We're so excited about this burger, with crispy chunks of squeaky level-one haloumi, creamy truffle mayo and a side of fresh pear and avocado salad. Let's just say, you won't need the local pub's menu on hand when you've got this recipe under your belt.

Pantry items

Olive Oil, Egg, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	½	1
tomato	1	2
avocado	1	2
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	½ medium packet	1 medium packet
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
haloumi/ grill cheese	1 packet	2 packets
burger buns	2	4
mixed salad leaves	1 small bag	1 medium bag
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5652kJ (1351Cal)	871kJ (208Cal)
Protein (g)	68.2g	10.5g
Fat, total (g)	86.7g	13.4g
- saturated (g)	34.1g	5.3g
Carbohydrate (g)	71.5g	11g
- sugars (g)	18.3g	2.8g
Sodium (mg)	1936mg	298mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

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

We're here to help!

Scan here if you have any questions or concerns

2023 | CW41



1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Thinly slice **pear** (see **ingredients**). Slice **tomato** into rounds. Slice **avocado** in half, scoop out flesh and thinly slice.
- In a medium bowl, combine **beef mince**, **fine breadcrumbs** (see **ingredients**), the **egg** and **garlic & herb seasoning**. Season with **salt** and **pepper**.
- Shape **beef mixture** into 2cm-thick patties (one per person).

Little cooks: Join the fun by helping combine the ingredients and shaping the mixture into patties!

3



Cook the haloumi & patties

- Meanwhile, slice **haloumi** horizontally to get 1 piece per person.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **patties** until just cooked through, **4-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



Caramelize the onion

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

4



Serve up

- In a second medium bowl, combine **mixed salad leaves**, pear, avocado and a drizzle of balsamic vinegar and olive oil. Season to taste.
- Spread the burger bun bases with **Italian truffle mayonnaise**.
- Top with a beef patty, haloumi, some tomato and caramelised onion. Serve with avocado salad. Enjoy!

Little cooks: Take the lead and help build the burgers!

Rate your recipe

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