



Ultimate Haloumi & Avocado Burger

with Fries & Roast Tomato Salsa

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Avocado



Garlic



Haloumi/Grill Cheese



Chilli Flakes (Optional)



Burger Buns



Mayonnaise



Mixed Salad Leaves



Roasted Tomato Salsa



Haloumi/Grill Cheese

Prep in: 10-20 mins
Ready in: 30-40 mins

Elevate your burger experience with our greatest invention yet, where pan-fried haloumi meets creamy avocado for a delightful texture contrast. Accompanied by a side of crisp golden fries and a roast tomato salsa, this burger delivers a symphony of flavours for an unparalleled experience.

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

Pantry items

Olive Oil, Honey, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
avocado	1 (small)	1 (large)
garlic	1 clove	2 cloves
haloumi/grill cheese	1 packet	2 packets
chilli flakes (optional) 🌶️	pinch	pinch
honey*	1 tsp	2 tsp
butter*	10g	20g
burger buns	2	4
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
roasted tomato salsa	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3925kJ (938Cal)	777kJ (186Cal)
Protein (g)	36.7g	7.3g
Fat, total (g)	54.7g	10.8g
- saturated (g)	23g	4.6g
Carbohydrate (g)	75.1g	14.9g
- sugars (g)	22.5g	4.5g
Sodium (mg)	1501mg	297mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5254kJ (1256Cal)	868kJ (207Cal)
Protein (g)	58.7g	9.7g
Fat, total (g)	79.7g	13.2g
- saturated (g)	39.6g	6.5g
Carbohydrate (g)	76.9g	12.7g
- sugars (g)	23.7g	3.9g
Sodium (mg)	2501mg	413mg

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 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

2024 | CW07



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the haloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- Add **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, add **chilli flakes** (if using), the **honey** and **butter**, turning **haloumi** to coat.
- Meanwhile, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

Custom Recipe: Cook haloumi in batches for best result.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and thinly slice. Finely chop **garlic**.
- Slice **haloumi** in half crossways to get 1 thin steak per person.

Custom Recipe: If you've doubled your haloumi, follow instructions as above.

4



Serve up

- Spread **mayonnaise** over burger bun bases.
- Top with haloumi, some **mixed salad leaves**, avocado and **roasted tomato salsa**.
- Serve with fries. Enjoy!

Rate your recipe

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