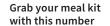


Quick Sesame-Crusted Haloumi Burger with Beetroot Relish & Spiced Wedges

KIWI FLAVOURS















Haloumi/Grill Cheese







Burger Buns



Shredded Cabbage



Dill & Parsley Mayonnaise



Beetroot Relish





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
Kiwi spice blend	1 sachet	2 sachets	
carrot	1	2	
haloumi/grill cheese	1 packet	2 packets	
plain flour*	2 tbs	1/4 cup	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
sesame seeds	1 medium sachet	1 large sachet	
burger buns	2	4	
shredded cabbage mix	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
dill & parsley mayonnaise	1 large packet	2 large packets	
beetroot relish	1 medium packet	2 medium packets	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5313kJ (1270Cal)	772kJ (185Cal)
Protein (g)	47.3g	6.9g
Fat, total (g)	68.1g	9.9g
- saturated (g)	23.6g	3.4g
Carbohydrate (g)	118.7g	17.3g
- sugars (g)	35.1g	5.1g
Sodium (mg)	2168mg	315mg
Dietary Fibre (g)	10.1g	1.5g

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.



Bake the wedges

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into wedges, then place on a lined oven tray. Drizzle with olive oil, sprinkle over half the Kiwi spice blend and season with salt.
- Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.



Get prepped

- While the wedges are baking, grate carrot.
- Slice **haloumi** in half crossways to get 1 thin steak per person.



Crumb the haloumi

- In a shallow bowl, add the plain flour. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs, sesame seeds, a pinch of salt and the remaining kiwi spice blend.
- Coat the haloumi slices first in the flour mixture, followed by the egg and finally the sesame breadcrumbs. Transfer to a plate.



Cook the haloumi

- When the wedges have 5 minutes cook time remaining, heat a large frying pan over mediumhigh heat with enough olive oil to coat the base.
- Cook haloumi until golden brown, 2 minutes each side. Transfer to a paper towel-lined plate.



Heat the burger buns

- While the haloumi is cooking, halve burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.
- In a medium bowl, combine shredded cabbage, carrot, a drizzle of olive oil and white wine vinegar. Season to taste.



Serve up

- Spread burger bases with a layer of dill & parsley mayonnaise. Top with crumbed haloumi, beetroot relish and some slaw.
- Serve with spiced wedges, any remaining slaw and dill-parsley mayo. Enjoy!







Cut chicken horizontally into steaks. Follow crumbing and cooking method above. cooking for 3-6 minutes each side.

DOUBLE HALOUMI/GRILL CHEESE
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

