

# Ultimate Haloumi & Avocado Burger

with Fries & Roast Tomato Salsa

CLIMATE SUPERSTAR

















Chilli Flakes



Burger Buns

(Optional)





Mixed Salad Leaves



**Roasted Tomato** Salsa





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

### 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	
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 packet	1 medium packet	
roasted tomato salsa	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3927kJ (939cal)	464kJ (111cal)
Protein (g)	36.7g	4.3g
Fat, total (g)	54.7g	6.5g
- saturated (g)	23g	2.7g
Carbohydrate (g)	75.2g	8.9g
- sugars (g)	22.4g	2.6g
Sodium (mg)	1501mg	177.5mg
Dietary Fibre (g)	8.6g	1g

The quantities provided above are averages only.

# **Allergens**

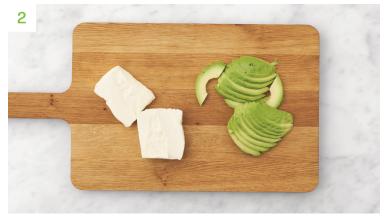
Always read product labels for the most up-to-date allergen information.

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 fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into fries.
- Place fries 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.



## 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.



# 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.



## Serve up

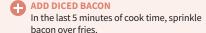
- Spread mayonnaise over burger bun bases.
- Top with some **mixed salad leaves**, avocado, haloumi and **roasted tomato** salsa.
- · Serve with fries. Enjoy!







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.

