

Sesame-Crusted Haloumi Burger

with Beetroot Relish & Spiced Wedges

Grab your meal kit with this number

34



Potato



Aussie Spice Blend



Carrot



Haloumi/Grill Cheese



Panko Breadcrumbs



Sesame Seeds



Burger Buns



Shredded Cabbage Mix



Dill & Parsley Mayonnaise



Beetroot Relish



Haloumi/Grill Cheese



Chicken Breast

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

Serve up a hearty burger made with a golden "patty" of sesame-coated haloumi! A smear of dill-parsley mayo and sweet and tangy beetroot relish turns this veggie dinner into a taste sensation.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	1 large sachet
carrot	1	2
haloumi/grill cheese	1 packet	2 packets
plain flour*	2 tbs	¼ 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 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5359kJ (1280Cal)	768kJ (183Cal)
Protein (g)	47.3g	6.8g
Fat, total (g)	68.1g	9.8g
- saturated (g)	23.6g	3.4g
Carbohydrate (g)	121.3g	17.4g
- sugars (g)	37.5g	5.4g
Sodium (mg)	2221mg	318mg
Dietary Fibre (g)	10.3g	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.

1



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 **Aussie spice blend** and season with **salt**.
- Toss to coat, spread out evenly, then bake until golden, **20-25 minutes**.

4



Cook the haloumi

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

2



Get prepped

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

5



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** and a drizzle of **olive oil** and **white wine vinegar**. Season to taste.

3



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 **Aussie spice blend**.
- Coat the **haloumi slices** first in the **flour mixture**, followed by the **egg** and finally into the **sesame breadcrumbs**. Transfer to a plate.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS

+ DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

+ ADD CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-5 minutes each side.

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

