



# CRUMBED HALOUMI BURGER

with Kumara Fries & Caramelised Onions



Add crumbed haloumi to a burger



Kumara



Haloumi



Red Onion



Tomato



Smokey Aioli



Panko Breadcrumbs



Burger Bun



Mixed Salad Leaves

Hands-on: 30 mins  
Ready in: 30 mins

Serve up a hearty burger with this version made with a golden "patty" of crumbed haloumi! A smear of smokey aioli and sweet caramelised onion turns this veggie dinner into a taste sensation.

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Brown Sugar, Plain Flour, Egg



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium frying pan** • **medium saucepan**



### 1 BAKE THE KUMARA FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the kumara on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat then bake until tender, **20-25 minutes**.  
 🌱 **TIP:** Cut the kumara to the correct size so it cooks in the allocated time!



### 2 GET PREPPED

Slice the **haloumi** in half crossways to get 1 thin steak per person. Place the haloumi into a small bowl of cold water and leave to soak for at least **5 minutes**.  
 🌱 **TIP:** Soaking the haloumi helps draw out some of the salt! Thinly slice the **red onion**. Thickly slice the **tomato**.



### 3 CAMELISE THE ONION

Heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



### 4 COOK THE HALOUMI

While the onion is caramelising, drain the **haloumi** and pat dry. In a shallow bowl, combine the **plain flour** and a **good pinch** of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the haloumi slices into the flour mixture, followed by the egg, and finally in the panko breadcrumbs. Set aside on a plate. When the onions are done, wipe out the pan and return to a medium-high heat with enough **olive oil** to coat the base of the pan. Cook the haloumi until golden brown, **2 minutes** each side. Transfer to a plate lined with a paper towel.



### 5 TOAST THE BURGER BUNS

Place the **burger buns** on a plate and microwave for **1 minute**. Slice the buns in half. Wipe out the frying pan and return to a medium-high heat. Add the buns, cut-side down, and toast until golden, **3-4 minutes**.  
 🌱 **TIP:** If you don't have a microwave, bake the buns in a **220°C/200°C fan-forced oven** until heated through, **3-4 minutes**.



### 6 SERVE UP

Build your burgers by spreading a layer of the **smokey aioli** over the base of a bun. Top with the **mixed salad leaves**, haloumi, caramelised onions and tomato. Serve with the kumara fries on the side.

**ENJOY!**

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
haloumi	1 block	2 blocks
red onion	1	2
tomato	1	2
balsamic vinegar*	4 tsp	2 ½ tbs
water*	2 tsp	4 tsp
brown sugar*	1 ½ tsp	1 tbs
plain flour*	4 tsp	2 ½ tbs
egg*	1	2
panko breadcrumbs	1 packet	2 packets
burger bun	2	4
smokey aioli	1 tub (50 g)	1 tub (100 g)
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4490kJ (1070Cal)	665kJ (159Cal)
Protein (g)	41.6g	6.2g
Fat, total (g)	51.6g	7.6g
- saturated (g)	20.9g	3.1g
Carbohydrate (g)	104g	15.5g
- sugars (g)	27.0g	4.0g
Sodium (g)	1440mg	213mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2019 | WK22

