



# Mediterranean Haloumi Burger

with Caramelised Onion & Spiced Wedges

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Haloumi/Grill Cheese



Onion



Tomato



Burger Buns



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Chicken Breast

Prep in: **20-30 mins**  
Ready in: **35-45 mins**

Eat Me Early\*  
*\*Custom Recipe only*

We're so excited about this burger, with crispy chunks of squeaky level-one haloumi, creamy herby mayo and a side of golden potato wedges. Let's just say, you won't need the local pub's menu on hand when you've got this recipe under your belt.

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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## 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         |
|---------------------------|-----------------|------------------|
| <b>olive oil*</b>         | refer to method | refer to method  |
| potato                    | 2               | 4                |
| Aussie spice blend        | 1 sachet        | 1 sachet         |
| haloumi/grill cheese      | 1 packet (180g) | 2 packets (360g) |
| onion                     | 1 (medium)      | 1 (large)        |
| tomato                    | 1               | 2                |
| <b>balsamic vinegar*</b>  | 1 tbs           | 2 tbs            |
| <b>water*</b>             | 2 tsp           | 4 tsp            |
| <b>brown sugar*</b>       | 1 tsp           | 2 tsp            |
| burger buns               | 2               | 4                |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet   |
| mixed salad leaves        | 1 small bag     | 1 medium bag     |
| chicken breast**          | 1 packet        | 1 packet         |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3733kJ (892Cal) | 695kJ (166Cal) |
| Protein (g)      | 36.7g           | 6.8g           |
| Fat, total (g)   | 46.7g           | 8.7g           |
| - saturated (g)  | 18.2g           | 3.4g           |
| Carbohydrate (g) | 83g             | 15.5g          |
| - sugars (g)     | 22.8g           | 4.2g           |
| Sodium (mg)      | 1572mg          | 293mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4493kJ (1074Cal) | 645kJ (154Cal) |
| Protein (g)      | 69.2g            | 9.9g           |
| Fat, total (g)   | 52.4g            | 7.5g           |
| - saturated (g)  | 19.9g            | 2.9g           |
| Carbohydrate (g) | 83g              | 11.9g          |
| - sugars (g)     | 22.8g            | 3.3g           |
| Sodium (mg)      | 1670mg           | 240mg          |

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](https://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



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## Bake the wedges

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray. Sprinkle over **Aussie spice blend**. Drizzle with **olive oil** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



## Get prepped

- Meanwhile, slice **haloumi** into two thin pieces per person. Thinly slice **onion** and **tomato**.

**TIP:** Cut the haloumi into pieces with a similar width to the burger buns!

**Custom Recipe:** If you've added chicken breast to your meal, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.



## Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a bowl.



## Cook the haloumi

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.

**Custom Recipe:** Cook the chicken before the haloumi, follow pan heating instructions as above. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).



## Heat the buns

- While the haloumi is cooking, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



## Serve up

- Spread **dill & parsley mayonnaise** over burger bun bases.
- Top with some **mixed salad leaves**, tomato, haloumi and caramelised onion.
- Serve with spiced wedges. Enjoy!

**Custom Recipe:** Add chicken to burger.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)