



Rustic Haloumi & Caramelised Onion Burger

with Spiced Wedges

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Haloumi/
Grill Cheese



Onion



Tomato



Burger Buns



Dill & Parsley
Mayonnaise



Mixed Salad
Leaves



Haloumi/
Grill Cheese

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

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
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	1 sachet
haloumi/ grill cheese	1 packet	2 packets
onion	1 (medium)	1 (large)
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	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
haloumi/ grill cheese**	1 packet	2 packets

*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)	4979kJ (1190Cal)	794kJ (190Cal)
Protein (g)	58.7g	9.4g
Fat, total (g)	69.3g	11.1g
- saturated (g)	31.8g	5.1g
Carbohydrate (g)	85.2g	13.6g
- sugars (g)	25g	4g
Sodium (mg)	2292mg	366mg

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://www.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



2023 | CW20

1



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**.

2



Get prepped

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

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

Custom Recipe: If you've doubled your haloumi, prep haloumi in the same way as above.

3



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.

4



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 haloumi in batches for the best result.

5



Heat the buns

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

6



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!

Rate your recipe

Did we make your tastebuds happy?

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