



Mediterranean Haloumi & Creamy Pesto Burger

with Caramelised Onion & Kumara Wedges

Grab your Meal Kit with this symbol



Kumara



Haloumi



Brown Onion



Tomato



Burger Bun



Mixed Salad Leaves



Creamy Pesto Dressing

Hands-on: **20-30 mins**
Ready in: **40-50 mins**

We're so excited about this burger, with crispy chunks of squeaky level-one haloumi, creamy pesto and a side of golden kumara 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.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper ·
Medium frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------------------|-------------------|--------------------|
| olive oil* | refer to method | refer to method |
| kumara | 2 (medium) | 2 (large) |
| haloumi | 1 block | 2 blocks |
| brown onion | 1 (medium) | 1 (large) |
| tomato | 1 | 2 |
| balsamic vinegar* (for the onion) | 1 tbs | 2 tbs |
| water* | 2 tsp | 4 tsp |
| brown sugar* | 1 tsp | 2 tsp |
| burger bun | 2 | 4 |
| mixed salad leaves | 1 bag (60g) | 1 bag (120g) |
| balsamic vinegar* (for the salad) | 2 tsp | 4 tsp |
| creamy pesto dressing | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3700kJ (885Cal) | 636kJ (152Cal) |
| Protein (g) | 34.0g | 5.8g |
| Fat, total (g) | 46.5g | 8.0g |
| - saturated (g) | 20.1g | 3.5g |
| Carbohydrate (g) | 77.3g | 13.3g |
| - sugars (g) | 23.0g | 4.0g |
| Sodium (g) | 1360mg | 233mg |

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.



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the wedges 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 spread out in a single layer and bake until tender, **25-30 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time!



2. Get prepped

While the wedges are baking, slice the **haloumi** into 2 thin pieces per person. Place the **haloumi** slices in a small bowl of cold water and leave to soak. Thinly slice the **brown onion**. Thinly slice the **tomato** into rounds.

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

TIP: Soaking the haloumi helps mellow out the saltiness!



3. Make the caramelised onion

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



4. Cook the haloumi

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Drain the **haloumi**, pat dry with paper towel and add to the pan. Cook until golden, **2 minutes** each side.



5. Dress the salad leaves

Place the **burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**. In a medium bowl, combine the **mixed salad leaves** (reserve some leaves for the burgers!) with the **balsamic vinegar (for the salad)** and **olive oil (4 tsp for 2 people / 2 1/2 tbs for 4 people)**. Season to taste with **salt** and **pepper**.

TIP: Toss the salad just before serving to keep the leaves crisp.



6. Serve up

Slice the burger buns in half. Spread the base of each bun with **creamy pesto dressing**. Top with the reserved salad leaves, the tomato, haloumi and caramelised onion. Serve with the kumara wedges and salad.

Enjoy!