

Mediterranean Haloumi, Pesto & Caramelised Onion Burger with Kumara Wedges

Grab your Meal Kit
with this symbol



Kumara



Haloumi



Brown Onion



Tomato



Butter Burger
Buns



Creamy Pesto
Dressing



Mixed Salad
Leaves

 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1	2
haloumi	1 block (180g)	2 blocks (360g)
brown 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
butter burger buns	2	4
creamy pesto dressing	1 packet (50g)	1 packet (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3694kJ (882Cal)	688kJ (164Cal)
Protein (g)	34.9g	6.5g
Fat, total (g)	42.7g	8g
- saturated (g)	17.8g	3.3g
Carbohydrate (g)	90.8g	16.9g
- sugars (g)	18.7g	3.5g
Sodium (mg)	1241mg	231mg

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.



Bake the kumara wedges

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into wedges. Place the kumara on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and toss to coat. Add a dash of water to the tray and roast until tender, **20-25 minutes**.



Get prepped

While the wedges are baking, slice the **haloumi** into 2 thin pieces per person. Thinly slice the **brown onion**. Thinly slice the **tomato** into rounds.

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



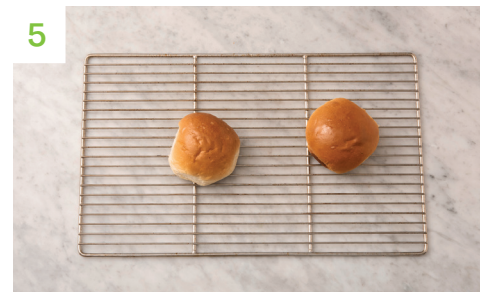
Make the caramelised onion

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



Cook the haloumi

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



Heat the buns

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



Serve up

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

Enjoy!