



Everything
But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Haloumi Veggie Burger

Haloumi twice in one week? Gee, we must really like you. In this recipe, the haloumi is grated and cooked into a burger with sweet potato and zucchini, paired with peppery rocket and sweet, crisp apple. All this is piled into a toasty sourdough roll, ready for you to enjoy. If you have any leftover sweet potato, mix with some paprika and parsley for a fragrant mash or blend it into a smoothie with some banana!

Prep: 10 mins
Cook: 25 mins
Total: 40 mins

level 2
 high fibre
 high protein

Pantry Items



Flour



Mayonnaise



Sweet Potato



Zucchini



Haloumi



Sunflower Seeds



Parsley



Mixed Salad Leaves



Par-baked
Sourdough Buns



Green Apple

2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & cut into 2 cm pieces
1	2	zucchini, grated & excess moisture squeezed out
½ block	1 block	haloumi, grated 
2 tbs	4 tbs	sunflower seeds
½ bunch	1 bunch	parsley, finely chopped 
1 tbs	2 tbs	flour *
2	4	par-baked sourdough buns, left whole
1 bag	2 bags	mixed salad leaves, washed
½	1	green apple, thinly sliced
1 tbs	2 tbs	mayonnaise *

 May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2910	Kj
Protein	32.3	g
Fat, total	27.1	g
-saturated	11.2	g
Carbohydrate	71.3	g
-sugars	19.6	g
Sodium	1340	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes come in all shapes and sizes, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, grater, vegetable peeler, large saucepan, colander, fork/potato masher, medium bowl, measuring cup, and a medium frying pan.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **sweet potato** in a large saucepan and cover with water. Bring to the boil and cook for **10-15 minutes** or until tender. Drain and run under cold water to cool. Drain really well and return to a saucepan. Mash the sweet potato using a fork or potato masher. Measure out **¼ cup** of sweet potato mash for every patty that you will need (one patty per person) and place it in a medium bowl. Stir through the **zucchini, haloumi, sunflower seeds, parsley** and **flour**. Season generously with **salt** and **pepper** and shape into patties. If the mixture is too wet, add in another tablespoon of flour to reach the desired consistency.

3 Heat a medium frying pan over a medium-high heat. Add a drizzle of olive oil and cook the patties for **3-4 minutes** on each side or until golden.

4 Meanwhile, pop the **par-baked sourdough buns** in the oven to heat up. They will need about **5 minutes**. Remove the buns from the oven and cut them in half.

5 To assemble the burger, top the base of the burger buns with the sweet potato patty, a small handful of **mixed salad leaves, green apple slices** and **mayonnaise**. Serve any remaining mixed salad leaves on the side.

Tip: Cooked mashed sweet potato will keep in the fridge for up to 3 days or in the freezer for up to 1 month.

Did you know? Apples are 25% air, which is why they float in water.

