



HALLOUMI BURGER

with a Mango Chutney Chickpea Salad



HELLO MINT

Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.



Halloumi



Baby Gem Lettuce



Burger Bun



Vine Tomato



Lime



Mango Chutney



Mint



Chickpeas



Natural Yoghurt

MEAL BAG

15 mins

2.5 of your 5 a day

Little heat

Rapid recipe

Veggie

We've marinated halloumi in sweet and sticky mango chutney to create a centrepiece for our veggie burger that'll knock your socks off. Stacked on top of minty yoghurt dressing, juicy tomatoes, and crunchy baby gem, sandwiched between lightly toasted burger buns and served with a healthy chickpea salad, this super simple recipe is the thing veggie burger dreams are made of.

GET **PREPARED!**

Get out your **Utensils.**

BEFORE YOU START

- Get out your Utensils.
- Wash the veggies.
- Make sure you've got some Kitchen Paper, a Frying Pan, Fine Grater Sieve and Mixing Bowl. Let's start cooking the Halloumi Burger with Mango Chutney Chickpea Salad.



1 BURGER PREP

- Halve the **burger buns**. Chop the **halloumi** widthways into 3 slices person.
- Pat dry on kitchen paper. Heat a frying pan over medium-high heat (no oil).



2 TOAST YOUR BUNS

- Pop the **burger buns** in the pan, cut-side down. Do in batches if necessary.
- Warm through until lightly golden and toasted, 1 minute.
- Remove from the pan and set aside. Add splash of **oil** to the pan.



3 HALLOUMI O'CLOCK

- When the **oil** is hot, add the **halloumi** to the pan. Cook until golden, 2 mins on each side.
- Remove the pan from the heat when done.



4 PREP TIME

- Meanwhile, trim the root from the **baby gem lettuce** then separate the **leaves**.
- Keep two two **leaves** per person to one side. Finely shred the rest. Cut two 2 slices of **tomato** per person and chop the remaining **tomato** into 1cm chunks.
- Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Zest, then halve the **lime**.
- Drain and rinse the **chickpeas** in a sieve.



5 MAKE THE SALAD

- In a mixing bowl, mix the **lime zest** with the **mint** and **natural yoghurt**.
- Season with **salt** and **pepper**. Smear a spoonful of the **minty yoghurt** onto the bottom half of each of your **burger buns**.
- Add the **chickpeas**, shredded **lettuce**, a squeeze of **lime juice** and **half** the **mango chutney** to the bowl of remaining **minty yoghurt** and mix well.
- Season to taste with **salt** and **pepper**.



6 FINISH AND SERVE

- Drizzle the remaining **mango chutney** over the **halloumi** and turn to coat the **cheese**. Reheat over medium heat if necessary.
- Place the **lettuce leaves** and sliced **tomato** on the base of your **burger bun**.
- Top with the **halloumi** and pop the **lid** on top. Pop a **burger** on your plate and spoon the **chickpea salad** alongside. Finish with a dollop of the **tomato chunks**.

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Halloumi 7) *	1 block	1½ blocks	2 blocks
Baby Gem Lettuce *	1	1½	2
Burger Bun 8) 11) 13)	2	3	4
Vine Tomato	2	3	4
Lime *	½	1	1
Mango Chutney	1 sachets	1½ sachets	2 sachets
Mint *	½ bunch	1 bunch	1 bunch
Chickpeas	1 carton	1½ cartons	2 cartons
Natural Yoghurt 7) *	½ pouch	1 pouch	1 pouch

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 532G	PER 100G
Energy (kJ/kcal)	3494 / 835	657 / 157
Fat (g)	37	7
Sat. Fat (g)	20	5
Carbohydrate (g)	77	14
Sugars (g)	25	5
Protein (g)	46	9
Salt (g)	4.80	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!

HelloFRESH

Enjoy!