



Haloumi & Caramelised Onion Burger

with Sweet Potato Wedges & Creamy Pesto

Grab your Meal Kit with this symbol



Sweet Potato



Brown Onion



Tomato



Bake-At-Home
Burger Buns



Mixed Salad
Leaves



Haloumi



Creamy Pesto
Dressing

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

Loaded with golden chunks of squeaky haloumi, sweet caramelised onions and our popular pesto dressing, this is one solid veggie burger. Complete with oven-baked sweet potato wedges, you're very welcome!

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
sweet potato	2	4
brown onion	1	2
tomato	1	2
haloumi	1 packet	2 packets
balsamic vinegar*		
(for the onion)	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
bake-at-home burger buns	2	4
mixed salad leaves	1 medium bag	1 large bag
balsamic vinegar*		
(for the salad)	½ tbs	1 tbs
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3825kJ (914Cal)	644kJ (154Cal)
Protein (g)	31.3g	5.3g
Fat, total (g)	47.1g	7.9g
- saturated (g)	18.9g	3.2g
Carbohydrate (g)	85.8g	14.4g
- sugars (g)	25.4g	4.3g
Sodium (mg)	1453mg	244mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

2



Get prepped

- Meanwhile, thinly slice **brown onion**.
- Thinly slice **tomato**.
- Cut **haloumi** into 1cm-thick slices.

3



Caramelize the onion

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

4



Cook the haloumi

- Wash and dry frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi** until golden, **1-2 minutes** each side.

5



Prep the buns & salad

- Meanwhile, place **bake-at-home burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**.
- Reserve a handful of **mixed salad leaves** for the burgers, then place the rest in a medium bowl. Add the **balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat. Season to taste.

6



Serve up

- Halve the buns, then spread the bases with **creamy pesto dressing**. Top with reserved salad leaves, the tomato slices, haloumi and caramelised onion.
- Serve with sweet potato wedges and salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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