



# Haloumi & Chargrilled Capsicum Burger

with Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Brown Onion



Bake-At-Home  
Burger Buns



Tomato



Chargrilled Capsicum  
Relish



Mixed Salad  
Leaves

Hands-on: 25-35 mins  
Ready in: 35-45 mins

Prepare to fall in love with haloumi all over again when you taste this irresistible burger. With chargrilled capsicum relish and caramelised onion also in the mix, plus sweet potato wedges on the side, this dinner is totally dishy!

## Pantry items

Olive Oil, Brown Sugar,  
Balsamic Vinegar

## 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
haloumi	1 block	2 blocks
brown onion	1	2
warm water*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
balsamic vinegar*	1 tbs	2 tbs
bake-at-home burger buns	2	4
tomato	1	2
chargrilled capsicum relish	1 tub (50g)	1 tub (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3346kJ (799Cal)	579kJ (138Cal)
Protein (g)	31.5g	5.5g
Fat, total (g)	35.4g	6.1g
- saturated (g)	17.1g	3g
Carbohydrate (g)	80.9g	14g
- sugars (g)	27.4g	4.7g
Sodium (mg)	1235mg	214mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm-thick wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until golden and tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to size so it cooks in time.



### Prep the haloumi

While the wedges are roasting, slice the **haloumi** to get 1 thin piece per person, each a similar width to a burger bun. Place the **haloumi** slices in a small bowl of cold water and leave to soak.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



### Caramelize the onion

Thinly slice the **brown onion**. Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **warm water**, **brown sugar** and **balsamic vinegar** and simmer until the liquid is nearly evaporated and the mixture is slightly sticky, **3-5 minutes**. Season with **salt** and **pepper**. Transfer to a bowl.



### Bake the burger buns

While the onion is caramelising, place the **bake-at-home burger buns** directly on a wire rack in the oven and bake until heated through, **3 minutes**.



### Fry the haloumi

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



### Serve up

Slice the burgers buns in half. Spread the **chargrilled capsicum relish** over the bases. Top with a handful of **mixed salad leaves**, the tomato slices, haloumi and caramelised onion. Serve the sweet potato wedges on the side.

Enjoy!