



HALOUMI, EGGPLANT & HUMMUS BURGER

with Harissa Onion & Kumara Wedges



Add harissa paste to onions for a Middle Eastern twist



Kumara



Baby Eggplant



Haloumi



Brown Onion



Harissa Paste



Burger Bun



Hummus



Mixed Salad Leaves

Hands-on: 30 mins
Ready in: 40 mins

Haloumi is one of our favourite burger ingredients - the hearty cheese makes for a filling and flavourful meal. But the flavour doesn't stop there, so we have roasted eggplant, mildly spiced onions and a generous spread of hummus to turn the whole thing into a Middle Eastern burger feast!

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm wedges. Place the kumara, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast for **25-30 minutes**, or until tender.



2 ROAST THE EGGPLANT

While the kumara is roasting, slice the **baby eggplant** into 2cm rounds. Place the eggplant, **olive oil (2 1/2 tbs for 2 people / 1/4 cup for 4 people)** and a **generous pinch of salt and pepper** on a second oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes**, or until tender.



3 GET PREPPED

While the eggplant is roasting, thinly slice the **brown onion**. Cut the **haloumi (see ingredients list)** into 1cm slices (you should get 2 slices per person). Place the haloumi slices in a small bowl of cold water and set aside to soak. **TIP:** Soaking haloumi mellows out the saltiness!



4 MAKE THE HARISSA ONION

When the veggies have **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Add the **onion** and cook, stirring, for **5 minutes**, or until softened. Add the **harissa paste** and cook for **1 minute** or until fragrant. Add the **water, brown sugar and balsamic vinegar**, and simmer until the liquid is nearly evaporated and the mixture is slightly sticky. Season with a **pinch of salt and pepper** and transfer to a medium bowl.



5 FRY THE HALOUMI

Place the **burger buns** on a wire rack in the oven for **3 minutes**, or until heated through. 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. Add the haloumi and cook for **2 minutes** on each side, or until golden brown.



6 SERVE UP

Slice the burger buns in half. Spread the base of the burger buns with the **hummus (see ingredients list)** and top with the haloumi, roasted eggplant, harissa onion and **mixed salad leaves**. Serve with the kumara wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
baby eggplant	1	2
brown onion	1	2
haloumi	½ block	1 block
harissa paste	1 sachet	2 sachets
water*	2 tsp	4 tsp
brown sugar*	1½ tsp	1 tbs
balsamic vinegar*	4 tsp	2 ½ tbs
burger bun	2	4
hummus	½ tub (50 g)	1 tub (100 g)
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3880kJ (926Cal)	647kJ (155Cal)
Protein (g)	32.6g	5.4g
Fat, total (g)	48.5g	8.1g
- saturated (g)	20.1g	3.4g
Carbohydrate (g)	83.0g	13.9g
- sugars (g)	25.4g	4.2g
Sodium (g)	1300mg	217mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2019 | WK1

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