

# Haloumi & Tomato Relish Burger

with Caramelised Onion & Sweet Potato Wedges

Grab your Meal Kit  
with this symbol



Sweet Potato



Haloumi



Brown Onion



Bake-At-Home  
Burger Buns



Tomato



Tomato 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 tomato 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
tomato relish	1 medium packet	1 large packet
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (806Cal)	584kJ (140Cal)
Protein (g)	31.4g	5.4g
Fat, total (g)	34.3g	5.9g
- saturated (g)	17g	2.9g
Carbohydrate (g)	85g	14.7g
- sugars (g)	31.3g	14.7g
Sodium (mg)	1352mg	234mg

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

1



## Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into wedges. Place the wedges on a lined oven tray. Drizzle with **olive oil** and season with a pinch of **salt**. Toss to coat, then roast until golden and tender, **25-30 minutes**.

2



## Prep the haloumi

While the wedges are roasting, slice the **haloumi** horizontally get 1 thin piece per burger bun.

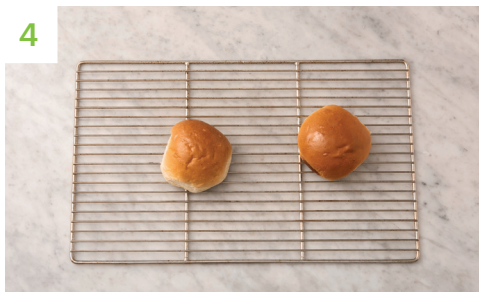
3



## Caramelise the onion

Thinly slice the **brown onion**. Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. Cook the **onion**, 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.

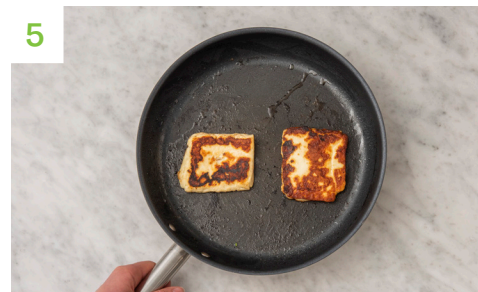
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## Bake the burger buns

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

5



## Cook the haloumi

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Transfer to a plate lined with paper towel. Thinly slice the **tomato**.

6



## Serve up

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

## Enjoy!

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