



Everything
But The Chef

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Grilled Zucchini & Haloumi Burger with Parsnip Fries

You'll be in veggie burger heaven with this one; melt-in-your-mouth zucchini, homemade onion relish, haloumi the hero and hummus to top it off! But we bet you've never tasted diner fries as good as these. The sweetness of roasted parsnips trumps potato everytime.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 2



veggie



3 pantry items



Burger Buns



Parsnip



Haloumi



Red Onion



Zucchini



Hummus



Tomato



Mixed Salad

2P	4P	Ingredients	
1	2	red onion, finely sliced	
1 tbs	2 tbs	balsamic vinegar *	
1 tbs	2 tbs	sugar *	
2	4	parsnips, cut into fries	
2	4	burger buns	
2	4	zucchini, sliced lengthways	A
2 tbs	4 tbs	olive oil *	
1 block	2 blocks	haloumi, sliced into 1 cm slices	B
1 tub	2 tubs	hummus	
1	2	tomato, sliced	⊕
70 g	140 g	mixed salad, washed	

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	3840	Kj
Protein	42.8	g
Fat, total	54.3	g
-saturated	18.3	g
Carbohydrate	55.7	g
-sugars	24.6	g
Sodium	4080	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C fan-forced**.

2 Heat some oil in a pan over a medium-high heat and add the **red onion**, cook for **3 minutes** or until the onion has softened. Add the **balsamic vinegar** and **sugar** and cook for a further **3 minutes** or until the onion becomes sticky.

3 Place your **parsnip** fries onto a lined baking tray and coat well with olive oil, **salt** and **pepper** and cook in the oven for **10 minutes**. Then add the **burger buns** to the baking tray and cook for a further **5 minutes** or until warmed through.

4 Brush the **zucchini** slices with the **olive oil**. Heat a lightly oiled frying pan over a medium heat and cook the zucchini for **5 minutes** on each side or until cooked all the way through, set aside. Then in the same pan, cook the **haloumi** for **4 minutes** each side or until golden.

5 Assemble your burgers; halve the burger buns and top each with a slice of haloumi, zucchini strips, **hummus**, some caramelised onion relish, **tomato**, and the **mixed salad** and serve with a handful of the parsnip fries. Dig in!

Did you know? Instead of peeling your parsnips, give them a gentle scrub under running water. Most of the flavour lies directly under the skin.