



CARROT & HALLOUMI BURGER

with Rocket Salad



Carrots were among the plants grown in the Hanging Gardens of Babylon in the 8th century BC!



Mint



Carrot



Halloumi



Sour Cream



Lemon



Brioche Bun



Olive Oil



Rocket

30 mins

1 of your 5 a day

Veggie

So often what people call a 'halloumi burger' is just a piece of grilled halloumi in a bun. Tasty but lacking something, no? We've come up with a proper burger for you. The halloumi is teamed with carrot for texture and fried so it gets a lovely crust. And, everyone should be happy as we're serving it with a slice of grilled halloumi for good measure!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **160°C**. Make sure you've got a **Peeler**, **Coarse Grater**, clean **Tea Towel**, two **Mixing Bowls**, a **Frying Pan** and **Baking Tray**. Now, let's get cooking!



1 DO THE PREP

Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**). Peel and coarsely grate the **carrot** into the centre of a clean tea towel. Twist and squeeze over the sink to remove as much liquid as possible. Place the **carrot** in a mixing bowl along with the **mint**. Coarsely grate half the **haloumi** and add to the bowl. Cut the rest into two slices per person.



2 MIX TOGETHER

Add the **sour cream** (for the burgers) and **gram flour** to the bowl. Season with **salt** and **black pepper** then mix with your hands until well incorporated. You should be able to form rough patty shapes with the mix. If it is too wet, add a bit more **gram flour**. If it is too dry, add some more **sour cream**. Be careful - you can add but you can't take away! Bear in mind you'll need some **sour cream** left for later.



3 FRY THE BURGERS

Form the **carrot and haloumi mixture** into one burger per person, pressing it together well. **★TIP:** It should be about the same width as the brioche buns. Put a drizzle of **oil** in a frying pan on medium-high heat. When hot, carefully add the **burgers** to the pan. Cook until golden brown, about 5-6 mins on each side. **★TIP:** Resist turning too soon - you want them to form a nice crust first!



4 HALLOUMI!

Transfer the **burgers** to a baking tray and pop on the top shelf of your oven to keep warm. Return the pan to the heat and add a drizzle of **oil**. Fry the **haloumi** slices until golden brown, 2-3 mins each side. Halve the **brioche buns** and pop them in the oven with the **burgers** to warm up. In another mixing bowl, whisk the **lemon juice** and **olive oil** (amount specified in ingredient list) together with a pinch of **salt** and grind of **black pepper**.

5 DRESS THE SALAD

When the **haloumi** is cooked, remove it from the pan to a plate. Add most of the **rocket** to the bowl with the dressing and quickly toss to combine. Season the remaining **sour cream** with a pinch of **salt** and **black pepper**.

6 STACK AND SERVE

Spread a dollop of **sour cream** on the bottom half of each **brioche bun**. Add a **carrot and haloumi burger**, then top with a slice of **fried haloumi** and some **rocket**. Pop on the top of the **bun**. Tear up the remaining **haloumi** slices and toss through the **salad**. Serve your burger with the dressed **salad** on the side. You can attempt to bite through the whole stack or just use a knife and fork! **Enjoy!**

2 PEOPLE INGREDIENTS

Mint, chopped	1 bunch
Carrot, grated	1
Halloumi, grated and sliced <small>7)</small>	1 block
Sour Cream (for the Burgers) <small>7)</small>	2 tbsp
Gram Flour	4 tbsp
Brioche Bun <small>1) 3) 6) 7)</small>	2
Lemon	½
Olive Oil*	2 tbsp
Rocket	1 bag
Sour Cream (to garnish) <small>7)</small>	

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1021	242
(kJ)	4273	1012
Fat (g)	61	14
Sat. Fat (g)	28	7
Carbohydrate (g)	73	17
Sugars (g)	14	3
Protein (g)	49	12
Salt (g)	4.01	0.95

ALLERGENS

1)Gluten 3)Egg 6)Soya 7)Milk

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on **0207 138 9055**, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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