



Halloumi Burger

with Roasted Pepper and Sweet Chilli Sauce

Classic 35 Minutes • Little Spice • 2 of your 5 a day

N° 18



Potato



Bell Pepper



Halloumi



Baby Gem Lettuce



Mayonnaise



Seeded Burger Bun



Sweet Chilli Sauce



Carrot



Streaky
Bacon
Rasher



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Our fruit and veg need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Grater, Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Bell Pepper***	1	1½	2
Halloumi 7) **	250g	375g	500g
Baby Gem Lettuce**	1	2	2
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Seeded Burger Bun 8) 11) 13)	2	3	4
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Carrot**	1	1	2

Streaky Bacon Rasher**	4 rashers	6 rashers	8 rashers
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*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	613g	100g
Energy (kJ/kcal)	3412 /815	557 /133
Fat (g)	40	7
Sat. Fat (g)	20	3
Carbohydrate (g)	79	13
Sugars (g)	20	3
Protein (g)	37	6
Salt (g)	3.67	0.60

Custom Recipe	Per serving	Per 100g
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for uncooked ingredient	643g	100g
Energy (kJ/kcal)	3770 /901	586 /140
Fat (g)	47	7
Sat. Fat (g)	23	3
Carbohydrate (g)	79	12
Sugars (g)	20	3
Protein (g)	42	7
Salt (g)	4.66	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins, turning halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Fry the Halloumi

When the **potatoes** have 10 mins left, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, lay in the **halloumi** slices and fry until golden brown, 3-4 mins on each side. Meanwhile, stir **half** the **mayonnaise** into the **lettuce** and **carrot** and season with a good pinch of **salt** and **pepper**. Cut the **burger buns** in half.

CUSTOM RECIPE

If you've chosen to add **bacon** to your **halloumi burger**, 15 mins before the **potatoes** are cooked, heat a drizzle of oil in a large frying pan on medium-high heat, lay in the **bacon rashers** and fry them until crispy, 2-3 mins each side. Remove to a plate covered in kitchen roll, then cook the **halloumi** in the same pan as instructed in the step above. **IMPORTANT:** Wash your hands after handling raw meat. Cook the bacon thoroughly.



Prep

Halve the **peppers** lengthways and remove the core and **seeds**. Slice the **halloumi** into 2 slices per person. Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways. Trim, peel and coarsely grate the **carrot**. Pop the **lettuce** and **carrot** in a bowl and set aside.



Finish Up

When the **potatoes** and **peppers** have 2-3 mins left, pop the **buns** in the oven to warm through and toast slightly. Remove the **halloumi** pan from the heat and drizzle in **half** the **sweet chilli sauce**. Carefully turn the **halloumi** slices to coat them in the **chilli sauce**.



Roast the Pepper

When the **potatoes** have 20 mins left, lay the **pepper** halves (cut-side down) on another tray. Drizzle over a little **oil**, season with **salt** and **pepper** and roast in your oven for the remainder of the **potato** cooking time. **TIP:** The peppers should go soft and slightly charred at the edges.



Serve

To assemble the **burgers**, spread a little of the remaining **mayo** on the base of each **bun**. Top with a slice of **halloumi**, the **roasted pepper** and another slice of **halloumi**. Drizzle with the remaining **sweet chilli sauce** then pop the **bun** lid on top. Serve with **wedges** and **salad** alongside.

Enjoy!

CUSTOM RECIPE

If you've chosen to add **bacon** to your **halloumi burger**, lay a **rasher** on top of each **halloumi** slice when you assemble it.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.