

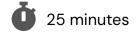


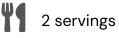


Halloumi Burgers

with Sweet Potato Wedges

Delicious vegetarian halloumi burgers assembled in fresh milk buns from Abhi's Bread with beetroot, mashed avocado and golden halloumi. Served alongside sweet potato wedges.







Boost this!

Super-size the burgers by adding a sunny fried egg or roasted field mushrooms!

TOTAL FAT CARBOHYDRATES

33g

105g

FROM YOUR BOX

SWEET POTATOES	400g
COOKED BEETROOT	1 packet
ТОМАТО	1
AVOCADO	1
ROCKET LEAVES	60g
HALLOUMI	1 packet
BURGER BUNS	2-pack
TARTARE SAUCE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

oven tray, large frypan

NOTES

Cut the sweet potatoes into thin wedges for shorter cooking time! Roast the tomatoes as well if desired.

No gluten option - burger buns are replaced with GF buns.



1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut **sweet potatoes** into wedges (see notes). Toss on a lined oven tray with **oil**, **1 tsp thyme**, **salt and pepper**. Roast for 20 minutes or until golden and tender.



2. PREPARE THE FILLING

Drain and grate (or slice) **beetroot**, slice **tomato**. Mash **avocado** with a fork. Arrange on a plate with **rocket leaves**.



3. COOK THE HALLOUMI

Heat a frypan over medium-high heat. Halve **halloumi** (to make 2 thin 'patties') and rub with **oil**. Place in frypan and cook until golden on both sides.



4. WARM THE BUNS

In the meantime, halve **burger buns** and warm in the oven for 3-4 minutes.



5. FINISH AND SERVE

Assemble burgers with mashed avocado, salad components and halloumi. Serve with sweet potato wedges and **sauce**.







