

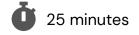


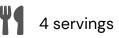


Halloumi Burgers

with Sweet Potato Wedges

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





Vegetarian

Boost this!

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

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 44g

65g

FROM YOUR BOX

SWEET POTATOES	600g
COOKED BEETROOT	1 packet
TOMATOES	2
AVOCADO	1
ROCKET LEAVES	60g
HALLOUMI	2 packets
BURGER BUNS	4-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, 2 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 tomatoes. Mash avocado with a fork. Arrange on a plate with rocket leaves.



3. COOK THE HALLOUMI

Heat a large frypan over medium-high heat. Halve halloumi (to make 2 thin 'patties' per block) 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 tartare sauce.



