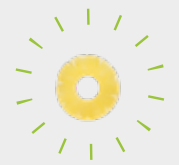




HALLOUMI & PINEAPPLE BURGERS

with Sweet Potato Fries and Sweet Chilli Sauce



HELLO PINEAPPLE

You cannot make jelly using fresh Pineapple. It contains an enzyme called Bromelian which breaks down the protein molecules.



Sweet Potato Fries



Lime



Pineapple Rings



Halloumi



Burger Bun



Sweet Chilli Sauce

MEAL BAG

20 mins

1.5 of your 5 a day

Little heat

Rapid recipe

Chef Lizzy has really outdone herself with this harmonious blend of sweet and salty flavours. Pan-fry halloumi and pineapple until a lovely golden brown and coat in a zesty marinade made with lime, pineapple juice and salt and pepper. Frying the halloumi creates an irresistible salty snap while the pineapple rings caramelize for a wonderfully sweet taste. Top with a dollop of sweet chilli jam. Ready in 20 minutes, this dish is the solution to busy weeknights.

GET **PREPARED!**

Preheat the oven to 200°C.

16

BEFORE YOU START

Preheat the oven to **200°C**. Wash the veggies. Make sure you've got a **Baking Tray, Fine Grater, Mixing Bowl** and **Large Frying Pan**. Let's start cooking the **Halloumi & Pineapple Burgers with Potato Fries and Sweet Chilli Sauce**.



1 ROAST THE FRIES

- Pop the **sweet potato fries** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat then spread out and roast on the top shelf of the oven until soft and golden, 18 mins.
- Turn halfway through cooking.



4 FRY

- When the pan is hot, carefully lay in the **halloumi** (leave the marinade behind) and fry until golden on each side, 3-4 mins per side.
- When the **halloumi** has 4 mins left add the **pineapple** (leave the marinade behind) and fry until golden on each side, 1-2 mins per side.



2 MAKE THE MARINADE

- Zest the **lime** then chop in half. Squeeze the **lime juice** into a bowl and add the **lime zest** along with the **olive oil** (see ingredients for amount) and 1 tbsp of **pineapple juice** per person.
- Add a pinch of **salt** and **pepper** and whisk together with a fork.



5 TOAST THE BUNS

- Halve the **burger buns** and pop on the middle shelf of the oven to warm through.



3 HALLOUMI TIME

- Slice the **halloumi** widthways into two slices per person. Remove the **pineapple rings** from their juice. Pop the **halloumi** and **pineapple rings** in the bowl with the **marinade** and carefully turn to coat.
- Put a large frying pan on high heat.



6 FINISH UP

- Pour the remaining **marinade** all over the **halloumi** and **pineapple**. Allow the **mixture** to bubble for a minute or so, turning the **halloumi** and **pineapple** to coat in the **mixture**.
- To build the **burgers**, stack the **halloumi**, **pineapple**, any pan **juices** and a **dollop** of **sweet chilli sauce** in each **bun**. Serve alongside the **fries**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|-----------------------|--------------|---------------|---------------|
| Sweet Potato Fries * | 1 small pack | 1 medium pack | 2 small packs |
| Lime * | 1 | 1½ | 2 |
| Olive Oil* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Pineapple Rings | ½ tin | ¾ tin | 1 tin |
| Halloumi 7) * | 1 block | blocks | blocks |
| Burger Bun 8) 11) 13) | 2 | 3 | 4 |
| Sweet Chilli Sauce | 1 pot | 1½ pots | 2 pots |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 418G | PER 100G |
|-----------------------------------|------------------|-----------|
| Energy (kJ/kcal) | 3471 / 830 | 831 / 199 |
| Fat (g) | 38 | 9 |
| Sat. Fat (g) | 20 | 5 |
| Carbohydrate (g) | 87 | 21 |
| Sugars (g) | 21 | 5 |
| Protein (g) | 38 | 9 |
| Salt (g) | 3.88 | 0.93 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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