



WCOOK

Deetlefs' Crumbed Halloumi Burger

with Rootstock crisps

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	580kJ	3331kJ
Energy	139kcal	798kcal
Protein	3.2g	18.4g
Carbs	19g	108g
of which sugars	6g	34.3g
Fibre	2.3g	13.1g
Fat	5.5g	31.9g
of which saturated	1.1g	6.5g
Sodium	125mg	719mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Cow's
Milk, Soya, Allium

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Halloumi Cheese
50ml	100ml	Panko Breadcrumbs
30ml	60ml	Mayo
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
1	2	Tomato/es <i>rinse & cut into thin wedges</i>
10ml	20ml	Balsamic Vinegar
1	2	Burger Bun/s
1	1	Onion <i>peel & thinly slice</i>
10g	20g	Pumpkin & Sunflower Seed Mix
10g	20g	Green Leaves <i>rinse</i>
1 unit	2 units	Rosemary & Rocksalt Potato Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Butter (optional)
Sugar/Sweetener/Honey
Paper Towel

1. HALLO HALLOUMI Slice the halloumi into 1cm thick slabs. In a bowl, whisk 1 egg together with 1 tbsp of water. Pour the panko crumbs out onto a plate with a bit of seasoning. Coat the halloumi in the egg, then crumb in the panko. Repeat with all your halloumi slices. Set aside.

2. PREP STEP In a small bowl, mix together the mayo and the chipotle chilli (to taste). In another bowl, marinate the tomato/es in the balsamic vinegar, some olive oil and seasoning. Set aside. Place a pan over medium heat. Toast the mixed seeds, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BUTTERY BUN Halve the bun/s, and spread butter or oil over the cut-side (optional). Return the pan to medium heat. When hot, toast the bun/s, cut-side down, until golden, 1-2 minutes.

4. SWEET ONION Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

5. CRISPY CHEESE Place a new pan over high heat with a generous drizzle of oil. When hot, fry the halloumi until golden and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry the halloumi slices at 200°C for 2-3 minutes per side.

6. BEST BUN EVER Plate up the marinated tomatoes, with ½ the green leaves and the mixed seeds. Smear the chipotle mayo over the bottom half of the roll. Top with the remaining green leaves, the crispy halloumi slabs and the caramelised onion. Close up the burger and side with the crisps. And just like that, dinner is ready, Chef!