



UCOOK

Vegetarian Grilled Halloumi Burger

with skinny fries & roasted garlic mayo

It's finally burger night, Chef! A toasted bun is smeared with creamy mayo, then layered with fresh greens, perfectly crispy halloumi, silky onion, & avo slices. This elevated burger raises the bar even more with drizzles of chimichurri & spicy jalapeños. Sided with skinny fries and a mayo dip.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jemimah Smith

Adventurous Foodie

 Muratie Wine Estate | Muratie Laurens
Campher White Blend 2021

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Ingredients & Prep

1	Onion <i>peel & roughly slice ½</i>
200g	Potato <i>rinse & cut into thin matchsticks</i>
1	Burger Bun
1	Avocado
80g	Halloumi Cheese <i>slice lengthways into 1cm thick slabs</i>
1 unit	Roasted Garlic Mayo
20g	Green Leaves <i>rinse</i>
20ml	Pesto Princess Chimichurri Sauce
15g	Sliced Pickled Jalapeños <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. SKINNY FRIES Pat the potato matchsticks dry with paper towel. Place a pot over medium-high heat with enough oil to cover the base. When hot, fry the potato matchsticks until golden and crispy, 7-10 minutes. Drain on paper towel and season.

3. TOASTY BUN Halve the burger bun, and spread butter or oil over the cut side. Place a clean pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

4. CREAMY AVO Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

5. CRISPY HALLOUMI Place a pan over medium heat with a drizzle of oil. When hot, fry the halloumi until crispy and golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. ASSEMBLE Smear the bottom half of the bun with ½ the mayo. Top with the green leaves, the halloumi cheese, the caramelised onion, and the avo slices. Drizzle over the chimichurri sauce and scatter over the drained jalapeños. Close up the burger and side with the skinny fries. Serve the remaining mayo with the fries for dunking!

Nutritional Information

Per 100g

Energy	812kJ
Energy	194kcal
Protein	5.2g
Carbs	15g
of which sugars	1.9g
Fibre	3.4g
Fat	13g
of which saturated	4g
Sodium	197mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy, Cow's Milk

Eat
Within
3 Days