



PUMPKIN & HALOUMI BURGER

Serves 4 | Serves of Veg 4 | 0:15 Prep | 0:25 Cook



NUTRITION PANEL

NUTRITIONAL INFORMATION	
Serving per package:	4
Serving size	250g
	Average Quantity per Serving
Energy	2145 kJ
Protein	18.9 g
Fat, total	27.1 g
- Saturated	8.0 g
Carbohydrate	41.3 g
- Sugar	13.1 g
Sodium	929 mg



SHOPPING LIST



Olive Oil



Capsicum



Haloumi
(Salt Reduced)



Wholemeal
Burger Rolls



Rocket Leaves



Avocado



Kent Pumpkin



Cumin,
ground



Lemon



Beetroot Dip



Tomato



Red Onion

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Ingredients

- 2 tbsp extra virgin olive oil
- 350g Kent pumpkin, leave the skin on, remove the seeds and slice the flesh thinly
- 1 capsicum, (any colour) quartered
- 1 tsp ground cumin
- 120g salt reduced haloumi, sliced
- ½ lemon
- 4 wholemeal bread rolls, sliced in half
- ¼ cup beetroot dip
- 60g baby rocket leaves
- 1 small red onion, sliced
- 1 medium tomato, sliced
- 1 avocado, sliced or mashed
- Salt & Pepper

Recipe Steps

1. Heat a sandwich press
2. Brush **pumpkin slices** & quartered **capsicum** with little **extra virgin olive oil** & sprinkle with **ground cumin**
3. Add to sandwich press, cooking **pumpkin** & **capsicum** for 10 minutes until both are tender. Tip: use baking paper to make clean-up easier.
4. Meanwhile, brush **sliced haloumi** with little extra virgin olive oil. Halve **wholemeal bread rolls**, slice **tomato, red onion** & mash **avocado**.
5. Remove vegetables from sandwich press & cook haloumi for 2 minute or until golden.
6. Squeeze **lemon juice** over haloumi.
7. Toast or warm the **halved bread rolls** in oven or sandwich press
8. Spread toasted rolls with **beetroot dip**
9. Assemble the burgers with pumpkin, haloumi, rocket, tomato and avocado. Season to taste.

Recipe Notes

- **No sandwich press?** simply cook pumpkin & capsicum in hot oven for 20 minutes until tender & use fry-pan to grill haloumi
- **Different filling ideas:** cucumber, grated carrot, iceberg, caramelised onion, spinach, hummus, sweet potato, zucchini, mushroom, pickles