



Halloumi aubergine burgers with harissa relish

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tbsp olive oil
- ☐ 2 onion very finely sliced
- ☐ 0.5 eggplant cut into 8 round slices
- ☐ 250 g halloumi cheese cut into 8 slices
- ☐ 1 tbsp brown sugar soft
- ☐ 1 roasted peppers red chopped
- ☐ 2 tsp harissa
- ☐ 4 ciabatta rolls lightly toasted halved

☐ 4 tbsp water

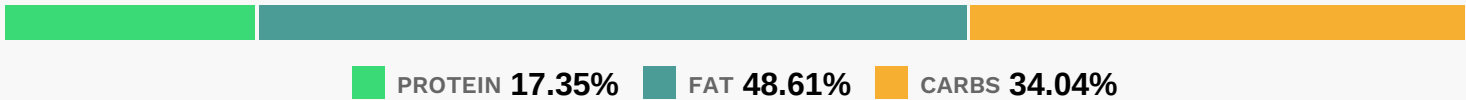
Equipment

☐ frying pan

Directions

- ☐ Add 1 tbsp of the oil to a pan and tip in the onions. Cook over a high heat for a few mins, then turn down the heat and cook until soft and golden about 8 mins.
- ☐ Meanwhile, heat another tbsp of oil and fry the aubergine for a few mins on each side until tender. Set aside. In the remaining oil, fry the halloumi until golden.
- ☐ Tip the brown sugar, pepper and harissa into the onions. Cook for 1 min until the sugar has melted. While the relish is cooking, spread the rolls with hummus, laying halloumi and aubergine slices on top. Spoon the sticky, spicy relish over and serve.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:8.6817392266315%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 479.04kcal (23.95%), Fat: 26.15g (40.23%), Saturated Fat: 12.32g (77%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 36.81g (13.38%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 1245.74mg (54.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21g (42%), Calcium: 655.37mg (65.54%), Fiber: 4.4g (17.61%), Manganese: 0.34mg (16.82%), Vitamin C: 10.03mg (12.16%), Vitamin E: 1.49mg (9.94%), Folate: 37.23µg (9.31%), Vitamin B6: 0.17mg (8.29%), Copper: 0.16mg (8.18%), Potassium: 272.43mg (7.78%), Vitamin K: 7.62µg (7.26%), Magnesium: 25.75mg (6.44%), Phosphorus: 59.36mg (5.94%), Vitamin B1: 0.08mg (5.28%), Iron: 0.78mg (4.32%), Zinc: 0.48mg (3.21%), Vitamin B3: 0.62mg (3.08%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.26mg (2.56%),

Vitamin A: 83.87IU (1.68%), Selenium: 0.93µg (1.33%)