



Everything
But The Chef

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Chargrilled Vegetables & Haloumi Stack

In the early 1970s, Leslie Scott used her children's wooden building blocks to create a little game called Jenga. What she couldn't have imagined at the time is that HelloFresh would come along and recreate the whole thing with roasted eggplants, capsicum, zucchini and squeaky haloumi. How high can you go?!

Prep: 10 mins
Cook: 40 mins
Total: 50 mins
 level 2
 low carb
 high protein

Pantry Items: Olive Oil



Eggplant



Zucchini



Red Capsicum



Haloumi



Garlic



Yoghurt



Dill



Lemon



Mixed Salad Leaves

2P	4P	Ingredients	
1	2	eggplant, cut into 1 cm thick rounds	
1	2	zucchini, cut into 5 mm thick ribbons	
1	2	red capsicum, quartered & seeds removed	A
2 tbs	4 tbs	olive oil *	
2 cloves	4 cloves	garlic, peeled & crushed	⊕
1 tub	2 tubs	yoghurt	
1 tbs	2 tbs	finely chopped dill	
½	1	lemon, zested & juiced	⊕
1 block	2 blocks	haloumi, cut into 5 mm thick slices	
70 g	140 g	mixed salad leaves, washed	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2600	Kj
Protein	32.2	g
Fat, total	47.7	g
-saturated	23.1	g
Carbohydrate	14.5	g
-sugars	14.1	g
Sodium	1530	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, two oven trays lined with baking paper, small bowl, pastry brush, and a large frying pan.*

1 Preheat oven to **200°C/180°C** fan-forced.

2 Lay the **eggplant, zucchini** and **capsicum** slices across both of the oven trays. In a small bowl mix together the **olive oil** and **garlic** and brush over the vegetable slices. Cook in the oven for **30-35 minutes** or until the vegetables are tender and golden.

3 Combine the **yoghurt, dill,** and **lemon juice** and **zest** in a small bowl, then season with some **salt** and **pepper**.

4 When the vegetables have about **5 minutes** left to cook, heat a large frying pan over a medium-high heat. Lightly grease with a little olive oil and then add the **haloumi** slices. Cook for **1-2 minutes** on each side or until golden.

5 Stack the vegetables and haloumi between plates and top with the yoghurt dressing. Serve with the **mixed salad leaves** and drizzle with a little olive oil and vinegar if you like.



Did you know? The word 'dill' originates from a Saxon word meaning 'to lull', reflecting its beautiful calming effect.