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But The Chef

hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Haloumi Stack with Caramelised Balsamic Vinegar

You can never go wrong with salty, squeaky haloumi, especially when it's served alongside charred, roasted sweet vegetables. We've amped up this winning combination by adding a simple, delicious restaurant quality caramelised vinegar that ties all the flavours together - yum!

3 *Pantry Items: Olive Oil, Balsamic Vinegar, Brown Sugar*



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 2



veggie



high protein



gluten free



Eggplant



Butternut Pumpkin



Red Capsicum



Haloumi



Mixed Salad Leaves

2P	4P	Ingredients
1	2	eggplant, cut into 1 cm thick rounds
1 portion	2 portions	butternut pumpkin, peeled & cut into 5mm thick slices
1	2	red capsicum, deseeded & quartered
2 tbs	4 tbs	olive oil *
¼ cup	½ cup	balsamic vinegar *
2 tsp	1 tbs	brown sugar *
1 block	2 blocks	haloumi, cut into 1 cm thick slices & pat dry
1 bag	2 bags	mixed salad leaves, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2840	Kj
Protein	31.9	g
Fat, total	46.9	g
-saturated	22.4	g
Carbohydrate	28.5	g
-sugars	25.9	g
Sodium	1500	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, paper towel, two baking paper lined oven trays, small saucepan, and a medium frying pan.*

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

2 Lay the **eggplant, butternut pumpkin and red capsicum slices** across both of the oven trays. Spray or brush with the **olive oil** and cook in the oven for **30-35 minutes** or until the vegetables are tender and golden.



3 Meanwhile, place the **balsamic vinegar** in a small saucepan and bring to the boil. Reduce the heat to medium and add the **brown sugar**. Cook, stirring, until the sugar has dissolved. Gently simmer mixture for **4-5 minutes** or until it's syrupy. Remove from the heat to cool slightly. It will continue to thicken off the heat.

WARNING: When vinegar is being reduced it lets off a very strong vapour. Don't put your head directly over the saucepan or it may sting your eyes.

4 When the vegetables have about **5 minutes** left to cook, heat a medium 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 drizzle with the caramelised balsamic dressing. Serve with the **mixed salad leaves**, dressed with a little olive oil and vinegar if you like.



Did you know? Eggplant is actually a berry, not a vegetable!