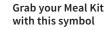


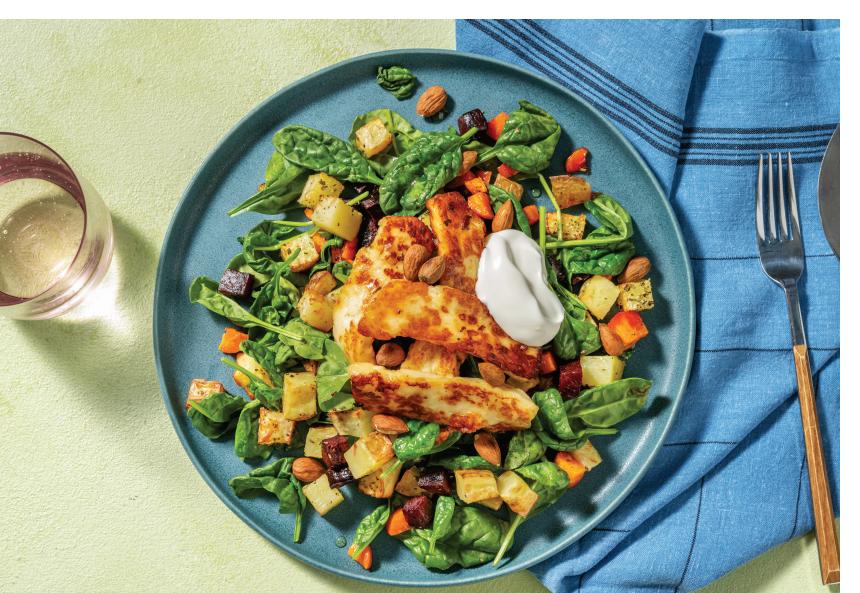
Sweet & Sticky Glazed Haloumi

with Roast Veggie Toss, Almonds & Greek-Style Yoghurt

CLIMATE SUPERSTAR















Beetroot

Seasoning





Haloumi





Chilli Flakes (Optional)

Baby Spinach





Roasted Almonds

Greek-Style Yoghurt

Pantry items

Olive Oil, Honey, White Wine Vinegar

Prep in: 20-30 mins Ready in: 35-45 mins



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
carrot	1	2	
beetroot	1	2	
garlic & herb seasoning	1 medium sachet	1 large sachet	
haloumi	1 packet	2 packets	
garlic	2 cloves	4 cloves	
honey*	1 tbs	2 tbs	
chilli flakes ∮ (optional)	pinch	pinch	
baby spinach leaves	1 medium bag	1 large bag	
white wine vinegar*	drizzle	drizzle	
roasted almonds	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2561kJ (612Cal)	453kJ (108Cal)
30.8g	5.4g
33g	5.8g
16.1g	2.8g
47.7g	8.4g
25.1g	4.4g
1572mg	278mg
	2561kJ (612Cal) 30.8g 33g 16.1g 47.7g 25.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3713kJ (887Cal)	567kJ (136Cal)
Protein (g)	47.9g	7.3g
Fat, total (g)	55.8g	8.5g
- saturated (g)	30.5g	4.7g
Carbohydrate (g)	48.9g	7.5g
- sugars (g)	26.1g	4g
Sodium (mg)	2607mg	398mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato and carrot into bite-sized chunks.
- · Cut beetroot into bite-sized chunks.



Roast the veggies

- Place prepped veggies on a lined oven tray.
- Drizzle with olive oil, sprinkle with garlic & herb seasoning and season with pepper. Toss to coat, then roast until tender, 20-25 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Prep the haloumi

- Meanwhile, cut haloumi into 1cm-thick slices.
- Place in a medium bowl and cover with water.
- Finely chop garlic.



Cook the haloumi

- When the veggies have 5 minutes remaining, drain haloumi and pat dry. In a large frying pan heat a drizzle of olive oil over medium-high.
- Cook haloumi until golden brown, 1-2 minutes each side.
- Reduce pan to medium heat. In the last minute
 of cook time, add garlic, the honey and
 chilli flakes (if using) and turn haloumi to coat,
 until fragrant, 1-2 minutes.

Custom Recipe: If you've doubled your haloumi, cook haloumi in batches if your pan is getting crowded. Before adding the honey, return all haloumi to pan.



Toss the veggies

- To the tray with the roasted veggies, add baby spinach leaves and a drizzle of the white wine vinegar.
- · Gently toss to combine. Season to taste.



Serve up

- Roughly chop roasted almonds.
- Divide roast veggie toss between plates. Top with sweet and sticky haloumi.
- Sprinkle with almonds. Serve with a dollop of Greek-style yoghurt. Enjoy!



We need your expertise!

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