



Sweet & Sticky Glazed Haloumi

with Roast Veggie Toss, Almonds & Greek-Style Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Haloumi



Garlic



Chilli Flakes (Optional)



Baby Spinach Leaves



Roasted Almonds



Greek-Style Yoghurt



Haloumi

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



Calorie Smart*

*Custom Recipe is not Calorie Smart

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with herby garlic seasoning, and there's a tangy yoghurt dressing and toasted almonds to finish it off.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

	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

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2561kJ (612Cal)	453kJ (108Cal)
Protein (g)	30.8g	5.4g
Fat, total (g)	33g	5.8g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	47.7g	8.4g
- sugars (g)	25.1g	4.4g
Sodium (mg)	1572mg	278mg

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.



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.



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.



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.



Prep the haloumi

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



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!

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