



All-American Crumbed Haloumi

with Sweet Potato Wedges & Apple Slaw

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Haloumi



Apple



Slaw Mix



Ranch Dressing



Panko Breadcrumbs



Dill & Parsley Mayonnaise



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 40-50 mins

There are plenty of surprises in this meal. With All-American spice blend in the haloumi crumb, you get zest, squeak and crispiness, while apple in the slaw gives crunch and a sweet and tart contrast.

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

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	2 medium sachets
haloumi	1 packet	2 packets
apple	½	1
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3534kJ (845Cal)	703kJ (168Cal)
Protein (g)	30.2g	6g
Fat, total (g)	52.3g	10.4g
- saturated (g)	17.5g	3.5g
Carbohydrate (g)	62.5g	12.4g
- sugars (g)	23.8g	4.7g
Sodium (mg)	1713mg	341mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3878kJ (927Cal)	741kJ (177Cal)
Protein (g)	35g	6.7g
Fat, total (g)	59.4g	11.4g
- saturated (g)	21.8g	4.2g
Carbohydrate (g)	62.5g	12g
- sugars (g)	23.8g	4.6g
Sodium (mg)	1857mg	355mg

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



Cook the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and add half the **All-American spice blend** to wedges, tossing to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

Custom Recipe: If you've added Cheddar cheese, in the last 5 minutes of cook time, remove sweet potato from oven, sprinkle with shredded Cheddar cheese and bake until golden and crisp, 5 minutes.



Crumb the haloumi

- In a shallow bowl, combine the remaining **All-American spice blend** and the **plain flour**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Dip **haloumi** slices into **flour mixture** to coat, then into **egg** and finally in **panko breadcrumbs**. Set aside on a plate.

TIP: Press the haloumi firmly into the flour mixture to help it stick!



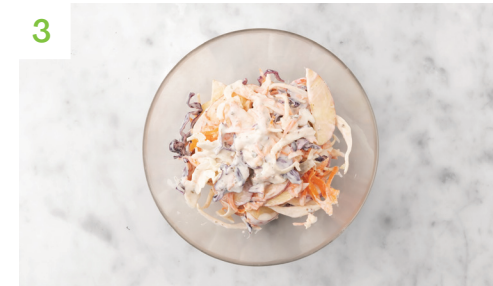
Get prepped

- While sweet potato is roasting, pat **haloumi** dry, then slice to get two pieces per person.
- Slice **red apple** (see ingredients) into thin wedges.



Cook the haloumi

- In a medium frying pan, add enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **haloumi** until golden brown, **2 minutes** each side.
- Transfer to a paper towel-lined plate.



Make the slaw

- In a large bowl, combine **apple**, **slaw mix**, **ranch dressing** and a drizzle of **olive oil** and the **white wine vinegar**.
- Season and toss to coat.



Serve up

- Divide the All-American crumbed haloumi, sweet potato wedges and apple slaw between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

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