

# Oregano-Sesame Haloumi

with Roast Veggie Bulgur & Garlic Yoghurt

MEDITERRANEAN WINTER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Haloumi



Snacking Tomatoes



Bulgur Wheat



Lemon Pepper Seasoning



Garlic



Sesame Seeds



Dried Oregano



Greek-Style Yoghurt




Baby Spinach Leaves



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Eat Me Early\*  
\*Custom Recipe only



Calorie Smart\*  
\*Custom recipe is not Calorie Smart

Bulgur wheat, our favourite grain, is back again to star in another dinner winner. Watch squeaky haloumi get golden in the pan, while the roast veggies crisp up in the oven. Top it all off with a dollop of super creamy garlic yoghurt!

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

### Pantry items

Olive Oil, Balsamic Vinegar, Honey

## 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 saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
haloumi	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
<b>balsamic vinegar*</b>	drizzle	drizzle
bulgur wheat	1 packet	2 packets
<b>water*</b>	1¼ cups	2 ½ cups
lemon pepper seasoning	1 medium sachet	2 medium sachets
garlic	1 clove	2 cloves
<b>honey*</b>	1 tbs	2 tbs
sesame seeds	1 medium packet	1 large packet
dried oregano	½ large sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	574kJ (137Cal)
Protein (g)	30.1g	7g
Fat, total (g)	29.2g	6.7g
- saturated (g)	16.1g	3.7g
Carbohydrate (g)	50.8g	11.7g
- sugars (g)	14g	3.2g
Sodium (mg)	1415mg	327mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3254kJ (778Cal)	544kJ (130Cal)
Protein (g)	62.7g	10.5g
Fat, total (g)	35.1g	5.9g
- saturated (g)	17.9g	3g
Carbohydrate (g)	50.8g	8.5g
- sugars (g)	14g	2.3g
Sodium (mg)	1507mg	252mg

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](https://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



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini** into rounds.
- Cut **haloumi** into 1cm thick slices.
- In a medium bowl, add **haloumi** and cover with **water**.
- Place **zucchini** and **snacking tomatoes** on a lined oven tray. Add a drizzle of the **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper** and toss to combine.
- Spread out evenly, then roast until tender and blistered, **20-25 minutes**.

4



## Cook the haloumi

- When bulgur has **5 minutes** remaining, drain **haloumi** and pat dry.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add **honey glaze**, turning to coat, until fragrant, **1-2 minutes**.

**Custom Recipe:** Heat pan as above. Cook chicken with haloumi, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Reduce heat to medium. Add honey glaze, turning to coat, until fragrant, 1-2 minutes.

2



## Cook the bulgur wheat

- Meanwhile, heat a large saucepan over medium-high heat. Add **bulgur wheat**, the **water** and **lemon pepper seasoning**. Stir and bring to the boil.
- Cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat and keep covered until bulgur wheat is tender and the water is absorbed, **10-12 minutes**.

**TIP:** The bulgur wheat will finish cooking in its own steam, so don't peek!

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## Bring it all together

- Meanwhile, to the pan with bulgur, add roasted **veggies**, **baby spinach leaves** and a drizzle of **olive oil**.
- Toss to combine and season to taste.

3



## Make the dressings

- Meanwhile, finely chop **garlic**.
- In a small bowl, combine the **honey**, **sesame seeds**, a splash of **hot water** and **dried oregano** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.

**Custom Recipe:** If you've added chicken breast, cut chicken breast into 2cm chunks.

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## Serve up

- Divide roast veggie bulgur between bowls. Top with oregano-sesame haloumi.
- Spoon over garlic yoghurt to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)