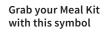


Oregano-Sesame Haloumi with Roast Veggie Bulgur & Garlic Yoghurt

MEDITERRANEAN WINTER

CLIMATE SUPERSTAR











Bulgur Wheat

Snacking Tomatoes

Lemon Pepper



Seasoning



Sesame Seeds







Dried Oregano

Greek-Style Yoghurt

Baby Spinach Leaves

Pantry items

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



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!



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 \cdot Large saucepan with a lid \cdot Large frying pan

Ingredients

3		
	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
haloumi	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
balsamic vinegar*	drizzle	drizzle
bulgur wheat	1 packet	2 packets
water*	1¼ cups	2 ½ cups
lemon pepper seasoning	1 medium sachet	2 medium sachets
garlic	1 clove	2 cloves
honey*	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 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





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.



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!



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.



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.



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.



Serve up

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

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate