



Honey Haloumi & Crouton Veggie Salad

with Almonds & Dijon Aioli Dressing

NEW

Grab your Meal Kit with this symbol



Red Onion



Carrot & Zucchini Mix



Haloumi



Garlic Aioli



Dijon Mustard



Bake-At-Home Ciabatta



Cucumber



Baby Spinach Leaves



Flaked Almonds



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

A feast for the eyes and the tastebuds, this colourful confetti of roasted veggies is sure to put you in a good mood... especially when topped with juicy, honey-coated haloumi. Tie the components together with crunchy almonds to serve!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
carrot & zucchini mix	1 medium bag	1 large bag
haloumi	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
bake-at-home ciabatta	1	2
honey*	½ tbs	1 tbs
cucumber	1	2
baby spinach leaves	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
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)	3119kJ (745Cal)	554kJ (132Cal)
Protein (g)	28.4g	5g
Fat, total (g)	49.1g	8.7g
- saturated (g)	16.8g	3g
Carbohydrate (g)	47.3g	8.4g
- sugars (g)	18.6g	3.3g
Sodium (mg)	1623mg	288mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3891kJ (930Cal)	534kJ (128Cal)
Protein (g)	61g	8.4g
Fat, total (g)	55g	7.6g
- saturated (g)	18.5g	2.5g
Carbohydrate (g)	47.3g	6.5g
- sugars (g)	18.6g	2.6g
Sodium (mg)	1714mg	235mg

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



1



Roast the veggies

- Preheat oven to **220°C/200°C**.
- Cut **red onion** into wedges.
- Add **onion** and **carrot & zucchini mix** to a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

3



Cook haloumi

- Drain **haloumi** and pat dry.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi**, until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add the **honey**, turning to coat, until fragrant, **1-2 minutes**.
- Meanwhile, slice **cucumber**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks. Heat pan as above. When oil is hot, cook chicken and haloumi, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above, adding the honey to the pan.

2



Get prepped

- While veggies are cooking, cut **haloumi** into 1cm thick slices.
- In a medium bowl, add **haloumi** and cover with **water** to soak.
- In a large bowl, combine **garlic aioli**, **Dijon mustard**, the **balsamic vinegar** and a drizzle of **olive oil**. Season to taste.
- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- Place on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and bake until golden, **5-7 minutes**.

4



Toss & serve

- Add **baby spinach leaves**, cucumber, roasted veggies and croutons to the dressing bowl and toss to combine. Season to taste.
- Divide the crouton veggie salad between plates and top with the honey haloumi and **flaked almonds** to serve. Enjoy!

Rate your recipe

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