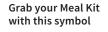


Honey Sesame Haloumi with Roast Veggie Toss & Walnuts

EXPLORER

CLIMATE SUPERSTAR









Sweet Potato





Beetroot

Brown Onion





Garlic & Herb Seasoning

Haloumi





Walnuts



Seeds





Baby Spinach Leaves

Dill & Parsley Mayonnaise





Prep in: 10-20 mins Ready in: 25-35 mins

Eat Me Early* *Custom Recipe only

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of sesame seeds. Serve over a hearty roast veggie toss and complete the dish with walnuts for some crunch.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
beetroot	1	2
brown onion	1	2
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
haloumi	1 packet	2 packets
walnuts	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	1 tsp	2 tsp
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet
at a section		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3500kJ (837Cal)	542kJ (130Cal)
Protein (g)	29.1g	4.5g
Fat, total (g)	51.1g	7.9g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	66.1g	10.2g
- sugars (g)	45.5g	7g
Sodium (mg)	1614mg	250mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4253kJ (1016Cal)	525kJ (125Cal)
Protein (g)	63g	7.8g
Fat, total (g)	55.8g	6.9g
- saturated (g)	18g	2.2g
Carbohydrate (g)	66.1g	8.2g
- sugars (g)	45.5g	5.6g
Sodium (mg)	1698mg	209mg

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

Visit hellotresh.com.au/toodinto 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 sweet potato, carrot and beetroot into bite-sized chunks.
- Slice brown onion into thin wedges.
- Place sweet potato, carrot and beetroot in a large microwave-safe bowl.
 Cover with a damp paper towel. Microwave veggies on high, 2 minutes.
- Gently stir veggies, return paper towel to bowl and microwave veggies on high for a further 1 minute.
- Drain, then place veggies and onion on a lined oven tray. Drizzle with olive
 oil, sprinkle with garlic & herb seasoning, season with salt and toss to coat.
- Spread out evenly, then roast until golden and tender, 12-15 minutes.

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



Toss the veggies

- To the tray with the roasted veggies, add baby spinach leaves and a drizzle
 of the vinegar and olive oil.
- · Gently toss to combine.



Cook the haloumi

- Meanwhile, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.
- Roughly chop walnuts.
- When the veggies have 5 minutes remaining, drain haloumi.
- 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 and mixed sesame seeds and cook, turning haloumi, until fragrant and coated, 1 minute.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 4-5 minutes. Add haloumi and continue with step as above.



Serve up

- Divide roast veggie toss between bowls.
- Top with honey sesame haloumi.
- Sprinkle with walnuts and top with a dollop dill & parsley mayonnaise to serve. Enjoy!

Rate your recipe