



Honey Sesame Haloumi

with Roast Veggie Toss & Walnuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Brown Onion



Garlic & Herb Seasoning



Haloumi



Walnuts



Mixed Sesame Seeds



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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.

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

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 · 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

*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 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 **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.

3



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.

2



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.

4



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

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate