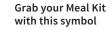


Honey Glazed Haloumi & Roast Veggie Toss with Roasted Almonds & Greek-Style Yoghurt

CLIMATE SUPERSTAR













Haloumi



Carrot









Seasoning

Chilli Flakes (Optional)





Baby Spinach Leaves

Roasted Almonds



Greek-Style Yoghurt



Prep in: 20-30 mins Ready in: 35-45 mins



Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with herby garlic seasoning and there's a tangy yoghurt dressing and toasted almonds to finish it off.



Olive Oil, Honey, White Wine Vinegar

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 frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
haloumi	1 packet	2 packets	
sweet potato	2	4	
carrot	1	2	
beetroot	1	2	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
garlic & herb seasoning	1 medium sachet	1 large sachet	
water*	2 tbs	1/4 cup	
honey*	1 tbs	2 tbs	
chilli flakes (optional)	pinch	pinch	
baby spinach leaves	1 medium bag	1 large bag	
white wine vinegar*	drizzle	drrizzle	
roasted almonds	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	
*D			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	435kJ (104Cal)
Protein (g)	30.3g	4.9g
Fat, total (g)	33.3g	5.4g
- saturated (g)	16.1g	2.6g
Carbohydrate (g)	55.4g	8.9g
- sugars (g)	33.8g	5.4g
Sodium (mg)	1583mg	255mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3853kJ (921Cal)	542kJ (130Cal)
Protein (g)	47.4g	6.7g
Fat, total (g)	56.1g	7.9g
- saturated (g)	30.5g	4.3g
Carbohydrate (g)	56.6g	8g
- sugars (g)	34.8g	4.9g
Sodium (mg)	2618mg	369mg

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





Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Meanwhile, cut haloumi into 1cm-thick slices.
 Place haloumi in a medium bowl and cover with water.
- Cut sweet potato, carrot and beetroot into bite-sized chunks.
- · Finely chop garlic.
- · Zest lemon and cut into wedges.

Custom Recipe: If you've doubled your haloumi, soak haloumi as above.



Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with olive oil, sprinkle with garlic & herb seasoning and season with pepper. Toss to coat, then roast until tender, 20-25 minutes.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the haloumi

- When veggies have 5 minutes remaining, 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.

Custom Recipe: Cook haloumi, in batches, for the best results, returning all haloumi to the pan before adding the glaze.



Glaze the haloumi

 Reduce heat to medium. In the last minute of cook time, add garlic, the water, the honey, a pinch of lemon zest and chilli flakes (if using!) and turn haloumi to coat, until fragrant,
 1-2 minutes.



Toss the veggies

- To the tray with the roasted veggies, add baby spinach leaves, a squeeze of lemon juice and a drizzle of the white wine vinegar.
- Gently toss to combine. Season to taste.



Serve up

- · Roughly chop roasted almonds.
- Divide roast veggie toss between plates. Top with sweet and sticky haloumi.
- Sprinkle with almonds. Serve with a dollop of Greek-style yoghurt and any remaining lemon wedges. Enjoy!



We need your expertise!

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