



Honey Glazed Haloumi & Roast Veggie Toss

with Roasted Almonds & Greek-Style Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Sweet Potato



Carrot



Beetroot



Garlic



Lemon



Garlic & Herb Seasoning



Chilli Flakes (Optional)



Baby Spinach Leaves



Roasted Almonds



Greek-Style Yoghurt



Haloumi

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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.

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

Pantry items

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 · Large frying pan

Ingredients

	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	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	2 tbs	¼ cup
honey*	1 tbs	2 tbs
chilli flakes (optional)	pinch	pinch
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*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!

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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.



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**.



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.



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.



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.



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!

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