



American Crumbed Haloumi

with Sweet Potato Wedges & Apple Slaw

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



All-American Spice Blend



Apple



Slaw Mix



Ranch Dressing



Panko Breadcrumbs



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

There are plenty of surprises in this meal. With All-American spice blend in the haloumi crumb, you get zest, squeak and crispiness, while apple in the slaw gives crunch and a sweet and tart contrast.

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

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Egg

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
haloumi	1 packet	2 packets
All-American spice blend	1 medium sachet	2 medium sachets
apple	½	1
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
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)	3543kJ (847Cal)	704kJ (168Cal)
Protein (g)	30.3g	6g
Fat, total (g)	52.3g	10.4g
- saturated (g)	17.5g	3.5g
Carbohydrate (g)	62.9g	12.5g
- sugars (g)	23.8g	4.7g
Sodium (mg)	1713mg	340mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3143kJ (751Cal)	543kJ (130Cal)
Protein (g)	47.1g	8.1g
Fat, total (g)	34.3g	5.9g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	61.7g	10.7g
- sugars (g)	22.8g	3.9g
Sodium (mg)	762mg	132mg

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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Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- In a medium bowl, add **haloumi** and cover with **water** to soak.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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



Crumb the haloumi

- In a shallow bowl, place the **plain flour**.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, place **panko breadcrumbs**.
- Pat **haloumi** dry, then slice horizontally and in half again to get two pieces per person. Dip **haloumi slices** into **flour**, then into **egg** and finally in **panko breadcrumbs**. Set aside on a plate.

TIP: Press the haloumi firmly into the flour mixture to help it stick!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Crumb chicken steaks in the same way as the haloumi.



Get prepped

- Meanwhile, slice **apple** (see ingredients) into thin wedges.



Cook the haloumi

- In a medium frying pan, add enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **haloumi** until golden brown, **2 minutes** each side.
- Transfer to a paper towel-lined plate.

Custom Recipe: Heat pan as above. Cook crumbed chicken, in batches, until golden and cooked through (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.



Make the slaw

- In a large bowl, combine **apple**, **slaw mix**, **ranch dressing** and a drizzle of **olive oil** and the **white wine vinegar**. Season.



Serve up

- Divide American crumbed haloumi, sweet potato wedges and apple slaw between plates.
- Top with a dollop of **dill & parsley mayonnaise** to serve. Enjoy!

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