

American Crumbed Haloumi

with Sweet Potato Wedges & Apple Slaw CLIMATE SUPERSTAR

MEAT-FREE MARVELS

Grab your Meal Kit with this symbol





Sweet Potato

Haloumi



All-American Spice Blend





Slaw Mix

Ranch Dressing



Panko Breadcrumbs

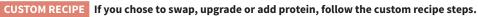
Dill & Parsley Mayonnaise



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.

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 \cdot 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	1/2	1
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
plain flour*	1⁄2 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.

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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**.

Crumb the haloumi

breadcrumbs.

plate.

to help it stick!

• In a shallow bowl, place the **plain flour**.

• In a second shallow bowl, whisk the egg.

• Pat haloumi dry, then slice horizontally and

in half again to get two pieces per person. Dip

finally in panko breadcrumbs. Set aside on a

TIP: Press the haloumi firmly into the flour mixture

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.

haloumi slices into flour, then into egg and

• In a third shallow bowl, place **panko**

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



Get prepped

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



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.

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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.



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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