



American Crumbed Haloumi

with Sweet Potato Fries & Apple Slaw

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Sweet Potato Fries



All-American Spice Blend



Apple



Panko Breadcrumbs



Slaw Mix



Ranch Dressing



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 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, Plain Flour, Egg, 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
sweet potato fries	1 medium bag	1 large bag
All-American spice blend	1 sachet	2 sachets
apple	½	1
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
slaw mix	1 small bag	1 large bag
ranch dressing	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
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)	52.1g	10.3g
- 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)	34.1g	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!

Scan here if you have any questions or concerns



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. In a medium bowl, place **haloumi** and cover with water to soak.
- Place **sweet potato fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**.
- Bake until tender, **20-25 minutes**.

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

3



Cook the haloumi

- In a medium frying pan, heat 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.

2



Get prepped

- Meanwhile, slice **apple** (see ingredients) into thin sticks.
- When fries have **10 minutes** remaining, in a shallow bowl, place the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Drain **haloumi** and pat dry then slice in half horizontally and in half again to get two pieces per person.
- Dip **haloumi** slices firmly into **flour mixture**, then into **egg** and finally in **panko breadcrumbs**. Set aside on a plate.

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. Coat as above.

4



Assemble the slaw & serve up

- In a large bowl, combine apple, **slaw mix**, **ranch dressing** and a drizzle of olive oil and the **white wine vinegar**. Season.
- Divide American crumbed haloumi, sweet potato fries and apple slaw between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

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