



# Honey Haloumi & Chermoula Veggie Toss

with Garlic Aioli & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Carrot



Zucchini



Beetroot



Red Onion



Chermoula Spice Blend



Mixed Salad Leaves



Flaked Almonds



Garlic Aioli



Haloumi

Prep in: 15-25 mins  
Ready in: 30-40 mins

Carb Smart\*  
*\*Custom recipe is not Carb Smart*

Is there a more perfect partner for salty, squeaky haloumi than sweet and sticky honey? Serve this vegetarian protein on a bed of Moroccan-spiced veggies and we bet you'll agree!

**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
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
carrot	1	2
zucchini	1	2
beetroot	1	2
red onion	1	2
chermoula spice blend	1 medium sachet	1 large sachet
<b>honey*</b>	½ tbs	1 tbs
mixed salad leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
garlic aioli	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)	2486kJ (594Cal)	484kJ (116Cal)
Protein (g)	25.8g	5g
Fat, total (g)	43.9g	8.5g
- saturated (g)	15.9g	3.1g
Carbohydrate (g)	24.7g	4.8g
- sugars (g)	22.3g	4.3g
Sodium (mg)	1648mg	321mg
Dietary Fibre	11.7g	2.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	602kJ (144Cal)
Protein (g)	42.9g	7.1g
Fat, total (g)	66.6g	11g
- saturated (g)	30.3g	5g
Carbohydrate (g)	25.9g	4.3g
- sugars (g)	23.3g	3.9g
Sodium (mg)	2683mg	444mg

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](https://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



## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- In a medium bowl, place **haloumi** and cover with water to soak.
- Thinly slice **carrot** and **zucchini** into rounds.
- Cut **beetroot** into small chunks.
- Cut **red onion** into thick wedges.

3



## Cook the haloumi & toss the salad

- When the veggies have **5 minutes** remaining, drain **haloumi** and cut into 1cm-thick slices.
- 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.
- In **last minute** of cook time, add the **honey**, turning **haloumi** to coat.
- Add **mixed salad leaves** and a drizzle of **white wine vinegar** to tray with the roasted veggies. Gently toss to combine. Season to taste.

**Custom Recipe:** If you've doubled your haloumi, cook haloumi in batches for best results. Return all haloumi to pan before adding the honey.

2



## Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and toss to coat.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is getting crowded, divide the veggies between two trays.

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

4



## Serve up

- Divide roast veggie salad between bowls.
- Top with haloumi and **flaked almonds**.
- Drizzle over **garlic aioli** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)