



Garlicky Haloumi & Sweet Potato Tacos

with Caramelised Onion & Garlic Aioli

GAME NIGHT

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic & Herb Seasoning



Haloumi



Brown Onion



Garlic



Cucumber



Tomato



Mini Flour Tortillas



Garlic Aioli



Mixed Salad Leaves



Chicken Tenderloins

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

Eat Me Early*
*Custom Recipe only

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

Roasted sweet potatoes are often served on the side, but we've given them a starring role in the game tonight. Complete with a garlicky, golden coating, they work a treat with squeaky, salty, herby haloumi for a veggie taco filling that will leave you wanting more.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
sweet potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
brown onion	1	2
garlic	1 clove	2 cloves
cucumber	1	2
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3622kJ (866Cal)	660kJ (158Cal)
Protein (g)	29.1g	5.3g
Fat, total (g)	51.9g	9.5g
- saturated (g)	18.2g	3.3g
Carbohydrate (g)	68.7g	12.5g
- sugars (g)	21.1g	3.8g
Sodium (mg)	1856mg	338mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3185kJ (761Cal)	511kJ (122Cal)
Protein (g)	48.6g	7.8g
Fat, total (g)	31.6g	5.1g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	67.7g	10.9g
- sugars (g)	20.1g	3.2g
Sodium (mg)	891mg	143mg

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



Roast the sweet potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into small chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

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



Cook the haloumi

- Drain **haloumi** and pat dry.
- Cut **haloumi** into 1cm-thick slices.
- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi** until golden brown, **1-2 minutes** each side.

Custom Recipe: If you've swapped to chicken tenderloins, prepare frying pan as above. Cook chicken, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



Get prepped

- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Thinly slice **brown onion**.
- Finely chop **garlic**.
- Slice **cucumber** into thin sticks.
- Thinly slice **tomato** into half-moons.



Flavour the haloumi

- In the **last minute** of cook time, add **garlic** to the pan and cook until fragrant, turning **haloumi** to coat.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10-second** bursts, until warmed through.

Custom Recipe: In the last minute of cook time, add garlic to the pan and cook until fragrant, turning chicken to coat.



Caramelize the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Transfer to a small bowl.



Serve up

- Spread some **garlic aioli** over the base of each tortilla. Top with **mixed salad leaves**, sweet potato, cucumber, tomato, caramelised onion and garlic haloumi.
- Drizzle with remaining aioli to serve. Enjoy!

Custom Recipe: Top tortillas with mixed salad leaves, sweet potato, cucumber, tomato, caramelised onion and garlic chicken.

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