



# Honey Sesame Haloumi

with Roast Veggie Toss & Walnuts

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Brown Onion



Garlic & Herb Seasoning



Haloumi



Walnuts



Mixed Sesame Seeds



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 10-20 mins  
Ready in: 25-35 mins

Eat Me Early\*  
*\*Custom Recipe only*

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of sesame seeds. Serve over a hearty roast veggie toss and complete the dish with walnuts for some crunch.

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

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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

Two oven trays lined with baking paper · Large frying pa

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
beetroot	1	2
brown onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
walnuts	1 medium packet	1 large packet
<b>honey*</b>	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	1 tsp	2 tsp
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)	3458kJ (826Cal)	566kJ (135Cal)
Protein (g)	28.8g	4.7g
Fat, total (g)	51.1g	8.4g
- saturated (g)	16.6g	2.7g
Carbohydrate (g)	63.7g	10.4g
- sugars (g)	43.3g	7.1g
Sodium (mg)	1597mg	261mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4206kJ (1005Cal)	542kJ (130Cal)
Protein (g)	63.3g	8.2g
Fat, total (g)	55.5g	7.2g
- saturated (g)	18g	2.3g
Carbohydrate (g)	63.9g	8.2g
- sugars (g)	43.3g	5.6g
Sodium (mg)	1679mg	216mg

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



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, carrot** and **beetroot** into bite-sized chunks. Slice **brown onion** into thin wedges.
- Place **sweet potato, carrot** and **beetroot** in a large microwave-safe bowl. Cover with a damp paper towel. Microwave **veggies** on high, **2 minutes**.
- Gently stir **veggies**, return paper towel to bowl and microwave **veggies** on high for a further **1 minute**.
- Drain, then place **veggies** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**.

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

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## Toss the veggies

- To the tray with the roasted veggies, add **baby spinach leaves** and a drizzle of **vinegar** and **olive oil**.
- Gently toss to combine.

2



## Cook the haloumi

- Meanwhile, cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**.
- Roughly chop **walnuts**.
- When the veggies have **5 minutes** remaining, drain **haloumi**.
- 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.
- Reduce heat to medium. Add the **honey** and **mixed sesame seeds** and cook, turning **haloumi**, until fragrant and coated, **1 minute**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until starting to brown, 4-5 minutes. Add haloumi and continue with step as above.

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## Serve up

- Divide roast veggie toss between bowls. Top with honey sesame haloumi.
- Sprinkle with walnuts and top with a dollop **dill & parsley mayonnaise** to serve. Enjoy!

**Custom Recipe:** Top veggie toss with honey sesame chicken and haloumi.

## Rate your recipe

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