

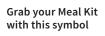
Seared Haloumi & Garlic Crouton Salad

with Caesar Dressing & Sesame Seeds

SUMMER SALADS

NEW

CLIMATE SUPERSTAR













Dijon Mustard

Bake-At-Home Ciabatta



Mixed Salad



Leaves

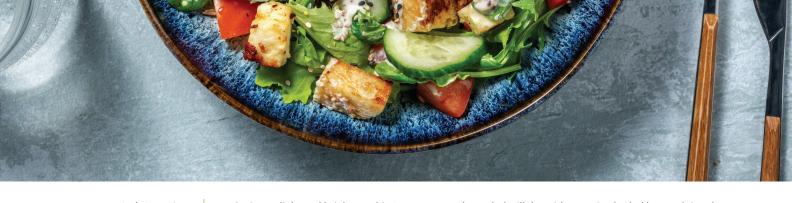
Caesar Dressing



Mixed Sesame



Seeds



Prep in: 15-25 mins Ready in: 20-30 mins

Eat Me Early*
*Custom Page *Custom Recipe only Carb Smart[^] ^Custom recipe is not Carb Smart

We're in our light and bright era this Summer, so only a salad will do. With our mixed salad leaves doing the most, you only need to sear some haloumi and toast some croutons to have a salad fit for a sunny Sunday evening.

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

Large frying pan

Ingredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
cucumber	1	2
tomato	1	2
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
Dijon mustard	1 packet	2 packets
honey*	½ tbs	1 tbs
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
caesar dressing	1 packet	2 packets
mixed sesame seeds	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)	2473kJ (591Cal)	713kJ (170Cal)
Protein (g)	25.7g	7.4g
Fat, total (g)	37.8g	10.9g
- saturated (g)	16g	4.6g
Carbohydrate (g)	36g	10.4g
- sugars (g)	8.3g	2.4g
Sodium (mg)	1663mg	479mg
Dietary Fibre (g)	8.1g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3188kJ (762Cal)	623kJ (149Cal)
Protein (g)	62.3g	12.2g
Fat, total (g)	40.3g	7.9g
- saturated (g)	16.8g	3.3g
Carbohydrate (g)	36.2g	7.1g
- sugars (g)	8.3g	1.6g
Sodium (mg)	1734mg	339mg

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





Get prepped

- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Thinly slice cucumber into rounds. Roughly chop tomato. Finely chop garlic.
- Cut or tear bake-at-home ciabatta into bite-sized chunks.
- In a large bowl, combine Dijon mustard, the honey, a drizzle of vinegar and a good drizzle of olive oil. Season and set aside.

Custom Recipe: If you've added chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.



Cook the haloumi

- Drain haloumi and pat dry. Cut haloumi into bite-sized chunks.
- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook haloumi, tossing occasionally, until golden brown,
 2-4 minutes.

Custom Recipe: Before cooking the haloumi, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate and cover to keep warm. Wipe out and return frying pan to medium-high heat with a drizzle of olive oil and continue as above.



Make the croutons

- In a large frying pan, heat a generous drizzle of olive oil over medium-high heat.
- Cook ciabatta, tossing, until golden and slightly crispy, 5-6 minutes.
- Add another drizzle of olive oil and garlic and cook, stirring, until fragrant,
 1 minute. Season to taste then transfer to a bowl.



Serve up

- To the bowl with the dressing, add mixed salad leaves, tomato, cucumber and croutons. Toss to combine.
- Divide garlic crouton salad between bowls then top with haloumi.
- Drizzle over caesar dressing and sprinkle with mixed sesame seeds to serve. Enjoy!

Custom Recipe: Slice chicken. Divide garlic crouton salad between bowls then top with haloumi and chicken to serve.

Rate your recipe

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