



# Seared Haloumi & Garlic Crouton Salad

with Caesar Dressing & Sesame Seeds

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Cucumber



Tomato



Garlic



Bake-At-Home Ciabatta



Dijon Mustard



Mixed Salad Leaves



Caesar Dressing



Mixed Sesame Seeds



Chicken Breast

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

Carb Smart^  
^Custom recipe is not Carb Smart

Eat Me Early\*  
\*Custom Recipe only

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.

**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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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](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



## 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.

3



## 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.

2



## 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.

4



## 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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