



Honey Haloumi & Chermoula Veggie Toss

with Garlic Aioli & Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Carrot



Zucchini



Potato



Beetroot



Brown 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

We're in our light and bright era this autumn, so only a salad will do. Serve this vegetarian protein on a bed of Moroccan-spiced veggies and mixed salad leaves. Drizzle with garlic aioli and sprinkle with almonds for the final 'pièce de résistance'.

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
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
carrot	1	2
zucchini	1	2
potato	1	2
beetroot	1	2
brown onion	1	2
chermoula spice blend	1 small sachet	1 large sachet
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	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)	2687kJ (642Cal)	460kJ (110Cal)
Protein (g)	27.4g	4.7g
Fat, total (g)	43.8g	7.5g
- saturated (g)	15.9g	2.7g
Carbohydrate (g)	35.2g	6g
- sugars (g)	23.8g	4.1g
Sodium (mg)	1645mg	282mg
Dietary Fibre (g)	11.7g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3839kJ (918Cal)	570kJ (136Cal)
Protein (g)	44.5g	6.6g
Fat, total (g)	66.5g	9.9g
- saturated (g)	30.3g	4.5g
Carbohydrate (g)	36.3g	5.4g
- sugars (g)	24.8g	3.7g
Sodium (mg)	2680mg	398mg

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



1



Prep the veggies

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

Custom Recipe: If you've doubled your haloumi, prepare as above.

3



Cook the haloumi & toss the salad

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

Custom Recipe: Cook haloumi in batches for best results.

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

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

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

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