



Smokey Haloumi & Crouton Salad

with Dijon-Ranch Dressing

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Haloumi



Baby Cos Lettuce



Cucumber



Tomato



Garlic



Bake-At-Home Ciabatta



Cornflour



BBQ Sauce



Dijon Mustard



Ranch Dressing



Chicken Breast

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



Calorie Smart*
**Custom recipe is not Calorie Smart*



Eat Me Early*
**Custom Recipe only*

We're in our light and bright era this Autumn, so only a salad will do. With our baby cos lettuce adding a fresh crunch, 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, Butter, Honey

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
baby cos lettuce	1 head	2 heads
cucumber	1	2
tomato	1	2
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
cornflour	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	2 medium packets
butter*	10g	20g
Dijon mustard	1 medium packet	2 medium packets
ranch dressing	1 medium packet	2 medium packets
honey*	½ tbs	1 tbs
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3188kJ (762Cal)	639kJ (153Cal)
Protein (g)	29.1g	5.8g
Fat, total (g)	31.9g	6.4g
- saturated (g)	18g	3.6g
Carbohydrate (g)	83.2g	16.7g
- sugars (g)	19.6g	3.9g
Sodium (mg)	2525mg	506mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3904kJ (933Cal)	588kJ (141Cal)
Protein (g)	65.7g	9.9g
Fat, total (g)	34.4g	5.2g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	83.3g	12.5g
- sugars (g)	19.6g	3g
Sodium (mg)	2594mg	391mg

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.
- Roughly shred **baby cos lettuce**.
- Thinly slice **cucumber** into half-moons.
- Slice **tomato** into thin wedges.
- Finely chop **garlic**.
- Slice **bake-at-home ciabatta** in half lengthways.

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.



Make the garlic croutons

- Meanwhile, toast or grill **ciabatta** to your liking.
- Place the **butter** and **garlic** in a small heatproof bowl and microwave in **10 second** bursts or until melted. Season with **salt**.
- Cut **toasted ciabatta** into bite-sized chunks.
- In a large bowl combine **ciabatta** and **garlic butter**, tossing to coat.



Cook the haloumi

- Drain **haloumi** and pat dry. Cut **haloumi** into bite-sized chunks.
- In a shallow bowl, add **cornflour** and a generous pinch of **pepper**. Dip **haloumi** slices into **cornflour**.
- In a large frying pan, heat a generous drizzle of **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Remove from heat, add **BBQ sauce**, tossing to coat.

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 cooked through (when no longer pink inside), 3-6 minutes each side. Transfer to a plate and continue as above.



Toss the salad & serve up

- In a small bowl, combine **Dijon mustard**, **ranch dressing** and the **honey**.
- Add tomato, cos lettuce, cucumber and Dijon-ranch dressing to bowl with croutons. Toss to combine and season to taste.
- Divide crouton salad between bowls. Top with smokey haloumi. Enjoy!

Custom Recipe: Top crouton salad with smokey haloumi and chicken.

Rate your recipe

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