



# Pan-Fried Honey Garlic Haloumi

with Corn Slaw & Smokey Sweet Potato Wedges

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Haloumi



Sweetcorn



Celery



Spring Onion



Garlic



Dijon Mustard



Mayonnaise



Slaw Mix



Chicken Breast

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

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

Vegetarians don't need to miss out on the smoky flavours of the American South with this flavour-packed dinner. Enjoy a taste of the good ol' USA right here with our honey garlic haloumi and BBQ sweet potato wedges.

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

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
sweetcorn	1 medium tin	1 large tin
celery	1 medium packet	1 large packet
spring onion	1 stem	2 stems
garlic	2 cloves	4 cloves
<b>honey*</b>	½ tbs	1 tbs
Dijon mustard	1 packet	2 packets
mayonnaise	1 medium packet	1 large packet
slaw mix	1 small packet	1 large packet
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)	2769kJ (662Cal)	534kJ (128Cal)
Protein (g)	25.3g	4.9g
Fat, total (g)	40.3g	7.8g
- saturated (g)	16.3g	3.1g
Carbohydrate (g)	47.7g	9.2g
- sugars (g)	26g	5g
Sodium (mg)	1875mg	361mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3483kJ (832Cal)	509kJ (122Cal)
Protein (g)	61.9g	9.1g
Fat, total (g)	42.8g	6.3g
- saturated (g)	17.1g	2.5g
Carbohydrate (g)	47.8g	7g
- sugars (g)	26g	3.8g
Sodium (mg)	1945mg	284mg

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



## Bake the sweet potato wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges.
- Spread **wedges** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **wedges** on high, **2 minutes**.
- Drain any excess liquid, then place **wedges** on a lined oven tray. Sprinkle over **All-American spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

3



## Cook the haloumi & toss the slaw

- Drain **haloumi** and pat dry. Cut **haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- In the **last minute** of cook time, add **garlic** and the **honey** and cook until fragrant, **1-2 minutes**.
- To the bowl with corn, add **celery**, **Dijon mustard** and half the **mayonnaise**. Add **slaw mix**. Toss to coat. Season to taste.

**Custom Recipe:** Before cooking haloumi, bring frying pan to high heat with a drizzle of olive oil. When oil is hot, add chicken, tossing occasionally, until browned, 5-6 minutes. Transfer to a bowl and continue as above.

2



## Get prepped & char the corn

- Meanwhile, place **haloumi** in a medium bowl and cover with **water**.
- Drain **sweetcorn**. Thinly slice **celery** and **spring onion**. Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks.

4



## Serve up

- Divide honey garlic haloumi, corn slaw and sweet potato wedges between plates.
- Garnish with **spring onion**. Serve with remaining mayonnaise. Enjoy!

**Custom Recipe:** Divide honey garlic chicken, haloumi, corn slaw and sweet potato wedges between plates.

## Rate your recipe

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