



Easy Honey Haloumi & Tangy Aioli Tacos

with Cucumber & Pickled Onion Salad

NEW

Grab your Meal Kit with this symbol



Haloumi



Tomato



Cucumber



Red Onion



Garlic Aioli



Tomato Relish



Mixed Salad Leaves



Mini Flour Tortillas



Haloumi

Prep in: 10-20 mins
Ready in: 20-30 mins

Flavour is packed into every inch of this dish from the tangy aioli to the honey haloumi. With some cucumber and pickled onions to cut through the richness, these tacos are the real deal.

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

Pantry items

Olive Oil, White Wine Vinegar, 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
tomato	1	2
cucumber	1	2
red onion	½	1
garlic aioli	1 medium packet	1 large packet
tomato relish	1 medium packet	2 medium packets
white wine vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
mini flour tortillas	6	12
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	742kJ (177Cal)
Protein (g)	25.9g	6.2g
Fat, total (g)	45g	10.8g
- saturated (g)	17.5g	4.2g
Carbohydrate (g)	50.5g	12.2g
- sugars (g)	13.7g	3.3g
Sodium (mg)	1731mg	417mg
Dietary Fibre (g)	7.7g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4234kJ (1012Cal)	837kJ (200Cal)
Protein (g)	42.6g	8.4g
Fat, total (g)	65.8g	13g
- saturated (g)	32g	6.3g
Carbohydrate (g)	51.7g	10.2g
- sugars (g)	14.9g	2.9g
Sodium (mg)	2892mg	572mg
Dietary Fibre	7.7g	1.5g

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 **tomato** into wedges.
- Thinly slice **cucumber** into sticks.
- Thinly slice **red onion** (see ingredients).
- In a small bowl, combine **garlic aioli** and **tomato relish**. Set aside.

Custom Recipe: If you've doubled your haloumi, add haloumi to bowl as above.



Cook the haloumi

- Drain **haloumi** and pat dry. 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.
- Remove from heat, then add the **honey**, turning to coat.

Custom Recipe: Drain and slice haloumi as above. Cook haloumi in batches for best results, returning all haloumi to pan before adding the honey.



Pickle the onion

- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened.



Serve up

- Drain pickled onion.
- In a large bowl, combine **mixed salad leaves**, cucumber, tomato, pickled onion and a drizzle of olive oil. Season.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.
- Top tortillas with pickled onion and cucumber salad and honey haloumi. Drizzle over tangy aioli to serve. Enjoy!

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