

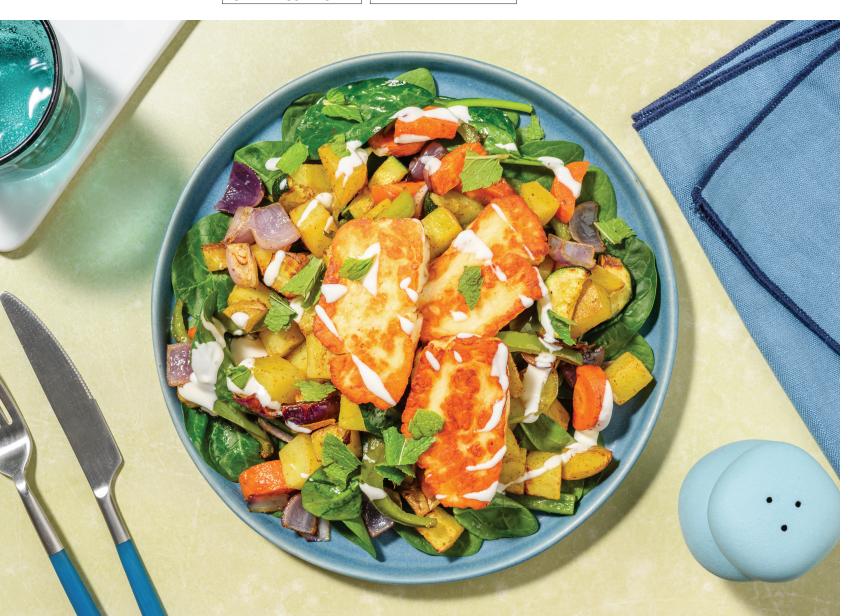
Middle Eastern Haloumi & Roast Veggie Toss

with this symbol

Grab your Meal Kit

with Garlic Sauce

CLIMATE SUPERSTAR AIR FRYER FRIENDLY















Carrot & Zucchini



Chermoula Spice Blend



Baby Spinach



Garlic Sauce

Prep in: 10-20 mins Ready in: 30-40 mins

Eat Me First



A classic and colourful mix of roasted veggies and baby spinach gets a satisfying twist with squeaky haloumi and creamy garlic sauce. It's the perfect recipe for a satisfying low-carb meal!

Pantry items Olive Oil

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

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1 packet	2 packets
1	2
1	2
1	2
1 medium packet	1 large packet
1 medium sachet	2 medium sachets
1 medium packet	1 large packet
1 medium packet	2 medium packets
1 packet	1 packet
1 packet	2 packets
	refer to method 1 packet 1 1 1 1 medium packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2142kJ (512Cal)	348kJ (83Cal)
Protein (g)	26.2g	4.3g
Fat, total (g)	28.7g	4.7g
- saturated (g)	15.1g	2.5g
Carbohydrate (g)	32g	5.2g
- sugars (g)	19.4g	3.1g
Sodium (mg)	1853mg	301mg
Dietary Fibre (g)	10.9g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3294kJ (787Cal)	467kJ (112Cal)
Protein (g)	42.8g	6.1g
Fat, total (g)	49.6g	7g
- saturated (g)	29.6g	4.2g
Carbohydrate (g)	33.2g	4.7g
- sugars (g)	20.6g	2.9g
Sodium (mg)	3014mg	427mg
Dietary Fibre	10.9g	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.







Roast the veggies

- Set air fryer to 200°C.
- Place haloumi in a medium bowl, cover with water to soak.
- Thinly slice capsicum. Cut red onion and potato into bite-sized pieces.
- Place capsicum, red onion, potato and carrot & zucchini mix in an air fryer basket. Cook for 10 minutes.
- Remove basket and top with chermoula spice blend, a drizzle of olive oil and a pinch of **salt**.
- Shake the basket, then cook until tender, a further **5-10 minutes**. Cook in batches if needed.

TIP: No air fryer? Preheat oven to 240°C/220°C fan forced. Prepare veggies as above. Place capsicum, red onion, potato and carrot & zucchini mix on a lined oven tray. Top with chermoula spice blend, a drizzle of olive oil and a pinch of salt. Toss to coat, then bake until tender, 20-25 minutes.



Cook the haloumi

- In a large frying pan, heat a drizzle of olive oil over a medium-high heat.
- Cook haloumi until golden brown, 1-2 minutes each side.
- Meanwhile, add baby spinach leaves to the roasted veggies. Toss to combine.



Get prepped

- Meanwhile, drain haloumi and pat dry.
- · Cut haloumi into 1cm-thick slices.

Custom Recipe: If you've doubled your haloumi, prepare haloumi as above and cook in batches for best results.



Serve up

- Divide roast veggie toss between plates. Top with haloumi.
- Drizzle with garlic sauce and tear over mint to serve. Enjoy!

Rate your recipe

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