



# Middle Eastern Haloumi & Roast Veggie Toss with Garlic Sauce

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Haloumi



Capsicum



Red Onion



Potato



Carrot & Zucchini Mix



Chermoula Spice Blend



Baby Spinach Leaves



Garlic Sauce



Mint



Haloumi

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

Carb Smart\*  
\*Custom recipe is not Carb Smart

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!

Eat Me First

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

### 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
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
capsicum	1	2
red onion	1	2
potato	1	2
carrot & zucchini mix	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium packet	1 large packet
garlic sauce	1 medium packet	2 medium packets
mint	1 packet	1 packet
haloumi**	1 packet	2 packets

\*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](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



## 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)