

Sweet & Sticky Glazed Haloumi

with Roast Veggie Toss, Almonds & Greek-Style Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Haloumi



Sweet Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Garlic



Lemon



Chilli Flakes (Optional)



Baby Spinach Leaves



Roasted Almonds



Greek-Style Yoghurt



Haloumi



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with herby garlic seasoning and there's a tangy yoghurt dressing and toasted almonds to finish it off.

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
<i>olive oil*</i>	refer to method	refer to method
haloumi	1 packet	2 packets
sweet potato	2	4
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
lemon	½	1
<i>water*</i> (for the glaze)	2 tbs	¼ cup
<i>honey*</i>	1 tbs	2 tbs
chilli flakes  (optional)	pinch	pinch
baby spinach leaves	1 medium packet	1 large packet
<i>white wine vinegar*</i>	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	435kJ (104Cal)
Protein (g)	29.9g	4.8g
Fat, total (g)	31.4g	5.1g
- saturated (g)	16.2g	2.6g
Carbohydrate (g)	55.4g	8.9g
- sugars (g)	34g	5.5g
Sodium (mg)	1709mg	275mg
Dietary Fibre (g)	18.6g	3g

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

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **haloumi** into 1cm-thick slices. Place **haloumi** in a medium bowl and cover with water. Set aside.
- Cut **sweet potato, carrot** and **beetroot** into bite-sized chunks.
- Finely chop **garlic**.
- Zest **lemon** and cut into wedges.



Glaze the haloumi

- Reduce to medium heat, in the **last minute** of cook time, add **garlic**, the **water**, **honey**, a pinch of **lemon zest** and **chilli flakes** (if using!) and turn **haloumi** to coat, until fragrant, **1-2 minutes**.



Roast the veggies

- Place **prepped veggies** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Toss the Veggies

- Add **baby spinach leaves**, a squeeze of **lemon juice** and a drizzle of **white wine vinegar** to the tray of roasted veggies.
- Gently toss to combine. Season to taste.



Cook the haloumi

- When veggies have **5 minutes** remaining, drain **haloumi** and pat dry.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.



Serve up

- Roughly chop **roasted almonds**.
- Divide roast veggie toss between plates. Top with sweet and sticky haloumi.
- Sprinkle with almonds. Serve with a dollop of **Greek-style yoghurt** and any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE HALOUMI**
Follow method above and cook in batches if necessary.

↻ **SWAP TO CHICKEN TENDERLOINS**
Follow method above, cooking chicken tenderloins for 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

