



Mediterranean Haloumi & Olive Salad Bowl

with Garlic Croutons & Creamy Pesto Dressing

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Haloumi



Garlic



Tomato



Cucumber



Red Onion



Bake-At-Home Ciabatta



Mixed Salad Leaves



Kalamata Olives



Creamy Pesto Dressing

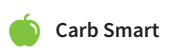


Haloumi



Chicken Tenderloins

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



Freshen up your mealtimes with this rainbow bowl of goodness! It's full of veggies and flavour, with olives, haloumi and hearty garlicky croutons to round out the stellar salad. This is one salad that is made for making friends - or you can just enjoy the whole thing yourself!

Pantry items

Olive Oil, White Wine Vinegar, Honey, Vinegar (White Wine or Balsamic)

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
garlic	1 clove	2 cloves
tomato	1	2
cucumber	1	2
red onion	½	1
white wine vinegar*	1 tbs	2 tbs
bake-at-home ciabatta	½	1
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	702kJ (168Cal)
Protein (g)	21.6g	5.8g
Fat, total (g)	46.5g	12.6g
- saturated (g)	17.4g	4.7g
Carbohydrate (g)	24.1g	6.5g
- sugars (g)	10.1g	2.7g
Sodium (mg)	1717mg	465mg
Dietary Fibre (g)	4.4g	1.2g

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

- In a medium bowl, place **haloumi** and cover with water to soak.
- Finely chop **garlic**. Roughly chop **tomato** and **cucumber**. Thinly slice **red onion** (see ingredients).
- In a small microwave-safe bowl, combine **onion**, **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened. Set aside to cool.



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.



Make the croutons

- Cut or tear **bake-at-home ciabatta** (see ingredients) into bite-sized chunks.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Cook **ciabatta** until golden and slightly crispy, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season to taste, then transfer to a large bowl.



Serve up

- Add tomato, cucumber, **mixed salad leaves**, **kalamata olives** and pickled onion to the croutons. Add a drizzle of **vinegar** and olive oil. Toss to combine and season to taste.
- Divide Mediterranean salad between bowls.
- Top with haloumi. Drizzle with **creamy pesto dressing** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes.

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

