



Haloumi & Chermoula Roasted Veg Bowl

with Babaganoush & Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Haloumi



Sweet Potato



Carrot



Zucchini



Beetroot



Chermoula Spice Blend



Baby Spinach Leaves



Babaganoush



Greek-Style Yoghurt



Flaked Almonds

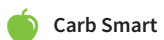


Chicken Tenderloins



Haloumi

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



Bring this veggie-loaded bowl brimming with colour and texture to your table tonight! Squeaky haloumi pairs perfectly with a tender, delicately spiced roast veggie toss. Slather your bowl with our rich and smokey babaganoush - the ideal accompaniment to this unforgettable dinner delight!

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
sweet potato	1	2
carrot	1	2
zucchini	1	2
beetroot	1	2
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
babaganoush	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avq Qty	Per Serving	Per 100g
Energy (kJ)	2687kJ (642Cal)	464kJ (111Cal)
Protein (g)	28.2g	4.9g
Fat, total (g)	40.5g	7g
- saturated (g)	17.3g	3g
Carbohydrate (g)	36.7g	6.3g
- sugars (g)	25.5g	4.4g
Sodium (mg)	1910mg	330mg
Dietary Fibre (g)	12.9g	2.2g

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



1



Soak the haloumi

- Preheat oven to **240°C/220°C fan-forced**.
- Place **haloumi** in a medium bowl and cover with **water** to soak.

4



Cook the haloumi

- When veggies have **5 minutes** remaining, drain **haloumi** and pat dry, then cut 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, drizzle over the **honey** and turn **haloumi** to coat.

2



Prep the veggies

- Cut **sweet potato** into bite-sized chunks.
- Cut **carrot** and **zucchini** into rounds.
- Cut **beetroot** into 1cm chunks.

5



Toss the veggies

- Once veggies have cooled, add **baby spinach leaves** and a drizzle of **vinegar** to the tray.
- Gently toss to combine. Season to taste.

3



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and a pinch of **salt**, then toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

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

TIP: If your oven tray is getting crowded, divide the veggies between two trays.

6



Serve up

- Spread **babaganoush** on the base of the serving bowls.
- Top with chermoula roasted veggies and haloumi.
- Drizzle over **Greek-style yoghurt** and sprinkle with **flaked almonds** to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

Follow method above, cooking chicken until browned and cooked through, 3-4 minutes.



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.

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

