

Lemon-Oregano Haloumi & Roast Veggie Toss

with Balsamic Dressing & Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Haloumi



Beetroot



Carrot



Capsicum



Red Onion



Lemon



Garlic



Dried Oregano



Balsamic Vinaigrette Dressing



Spinach & Rocket Mix



Greek-Style Yoghurt




Chicken Tenderloins



Haloumi

Prep in: 15-25 mins
Ready in: 30-40 mins

 Carb Smart

Dig into this vibrant veggie-packed bowl! Watch squeaky haloumi get golden in the pan, while a rainbow of roast veggies crisps up in the oven. Top it all off with a dollop of super creamy yoghurt to really make the herby flavours sing!

Pantry items

Olive Oil, Honey

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
beetroot	1	2
carrot	1	2
capsicum	1	2
red onion	1	2
lemon	½	1
garlic	1 clove	2 cloves
honey*	1 tsp	2 tsp
dried oregano	½ medium sachet	1 medium sachet
balsamic vinaigrette dressing	1 packet	2 packets
spinach & rocket mix	1 medium packet	2 medium packets
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2220kJ (531cal)	194kJ (46cal)
Protein (g)	24.4g	2.1g
Fat, total (g)	32.8g	2.9g
- saturated (g)	16.8g	1.5g
Carbohydrate (g)	29.3g	2.6g
- sugars (g)	28.6g	2.5g
Sodium (mg)	1425mg	124.7mg
Dietary Fibre (g)	11.3g	1g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Cut **beetroot** into 1cm chunks. Slice **carrot** into rounds. Cut **capsicum** into bite-sized chunks. Cut **red onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies across two trays!

3



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 **lemon oregano mixture**, tossing **haloumi** to coat.

2



Get prepped

- When veggies have **5 minutes** remaining, zest **lemon** to get a generous pinch, then cut into wedges.
- Finely chop **garlic**.
- In a small bowl, combine **garlic**, **lemon zest**, the **honey**, **dried oregano** (see ingredients) and a generous squeeze of **lemon juice**. Season with **salt** and **pepper**.

4



Serve up

- To tray with roast veggies, add **balsamic vinaigrette dressing** and **spinach & rocket mix**, tossing to combine.
- Divide roast veggie toss between bowls. Top with lemon-oregano haloumi and **Greek-style yoghurt**.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes each side.



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.

