



Honey Sesame Haloumi

with Roast Veggie Toss & Walnuts

VEGGIE FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Haloumi



Sweet Potato



Carrot



Cauliflower



Brown Onion



Garlic & Herb Seasoning



Walnuts



Mixed Sesame Seeds



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Chicken Breast



Haloumi

Recipe Update

We've replaced the beetroot in this recipe with cauliflower due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 25-35 mins

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of sesame seeds. Serve over a hearty roast veggie toss and complete the dish with walnuts for some crunch.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
halumi	1 packet	2 packets
sweet potato	2	4
carrot	1	2
cauliflower	1 medium portion	1 large portion
brown onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
walnuts	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
mixed sesame seeds	1 medium sachet	1 large sachet
baby spinach leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	1 tsp	2 tsp
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3458kJ (827cal)	340kJ (81cal)
Protein (g)	28.4g	2.8g
Fat, total (g)	49.1g	4.8g
- saturated (g)	16.7g	1.6g
Carbohydrate (g)	63.8g	6.3g
- sugars (g)	43.5g	4.3g
Sodium (mg)	1732mg	170.1mg
Dietary Fibre (g)	15.1g	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 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

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Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **halumi** into 1cm-thick slices. In a medium bowl, add **halumi** and cover with **water**.
- Cut **sweet potato** and **carrot** into bite-sized chunks. Chop **cauliflower** into small florets. Slice **brown onion** into thin wedges.
- Place **sweet potato**, **carrot** and **cauliflower** in a large microwave-safe bowl. Cover with a damp paper towel. Microwave **veggies** on high, **2 minutes**.
- Gently stir **veggies**, return paper towel to bowl and microwave **veggies** on high for a further **1 minute**.
- Drain, then place **veggies** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning**, season with **salt** and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**.

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



Toss the veggies

- To the tray with the roasted veggies, add **baby spinach leaves** and a drizzle of **vinegar** and **olive oil**.
- Gently toss to combine.



Cook the halumi

- Roughly chop **walnuts**.
- When the **veggies** have **5 minutes** remaining, drain **halumi**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **halumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add the **honey** and **mixed sesame seeds** and cook, turning **halumi**, until fragrant and coated, **1 minute**.



Serve up

- Divide roast veggie toss between bowls.
- Top with honey sesame halumi.
- Sprinkle with walnuts and top with a dollop of **dill & parsley mayonnaise** to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 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.

