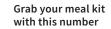
Honey Sesame Haloumi with Roast Veggie Toss & Walnuts

CLIMATE SUPERSTAR









Sweet Potato





Carrot

Beetroot





Brown Onion

Walnuts





Mixed Sesame Seeds

Baby Spinach





Golden Goddess Dressing

Dill & Parsley Mayonnaise







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
haloumi	1 packet	2 packets
sweet potato	2	4
carrot	1	2
beetroot	1	2
brown onion	1	2
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
golden goddess dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858cal)	350kJ (84cal)
Protein (g)	28.1g	2.7g
Fat, total (g)	54.1g	5.3g
- saturated (g)	17g	1.7g
Carbohydrate (g)	61.2g	6g
- sugars (g)	43.3g	4.2g
Sodium (mg)	1446mg	141.1mg
Dietary Fibre (g)	14.9g	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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut haloumi into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**.
- Cut sweet potato, carrot and beetroot into bite-sized chunks. Slice brown onion into thin wedges.
- Place **sweet potato**, **carrot** and **beetroot** in a large microwave-safe bowl. Cover with a damp paper towel. Microwave veggies on high, 2 minutes.
- Gently stir veggies, then 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, 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 veggies between two trays.



Toss the veggies

- To the tray with the roasted veggies, add baby spinach leaves, golden goddess dressing and a drizzle of olive oil.
- · Gently toss to combine.



Cook the haloumi

- · Crush walnuts in their packet.
- When the veggies have 5 minutes remaining, drain haloumi.
- 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.
- Reduce heat to medium. Add the **honey** and **mixed sesame seeds** and cook, turning **haloumi** until fragrant and coated, **1 minute**.



Serve up

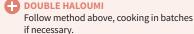
- Divide roast veggie toss between bowls.
- Top with honey sesame haloumi.
- Sprinkle with walnuts and drizzle with dill & parsley mayonnaise to serve. Enjoy!







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



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

