

Honey Haloumi & Garlicky Veggie Toss

with Garlic Aioli & Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Haloumi



Carrot



Zucchini



Sweet Potato



Beetroot



Brown Onion



Garlic & Herb Seasoning



Mixed Salad Leaves



Garlic Aioli



Flaked Almonds



Haloumi



Chicken Tenderloins

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

We're in our light and bright era so only a salad will do. Serve this vegetarian protein on a bed of garlicky veggies and mixed salad leaves. Drizzle with garlic aioli and sprinkle with almonds for the final 'pièce de résistance'.

Pantry items

Olive Oil, Honey, White Wine Vinegar

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
carrot	1	2
zucchini	1	2
sweet potato	1	2
beetroot	1	2
brown onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	2 medium packets OR 1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2756kJ (659cal)	220kJ (53cal)
Protein (g)	27.3g	2.2g
Fat, total (g)	42g	3.4g
- saturated (g)	16g	1.3g
Carbohydrate (g)	38.9g	3.1g
- sugars (g)	28.2g	2.3g
Sodium (mg)	1790mg	143mg
Dietary Fibre (g)	14.3g	1.1g

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.



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Thinly slice **carrot** and **zucchini** into rounds.
- Cut **sweet potato** and **beetroot** into small chunks.
- Cut **brown onion** into thick wedges.



Cook the haloumi & toss the salad

- When the veggies have **5 minutes** remaining, drain and 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.
- In the **last minute** of cook time, add the **honey**, turning **haloumi** to coat.
- To tray with roasted veggies, add **mixed salad leaves** and a drizzle of **white wine vinegar**. Gently toss to combine. Season to taste with **salt** and **pepper**.



Roast the veggies

- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Roast until tender, **25-30 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.



Serve up

- Divide chermoula veggie toss between bowls.
- Top with honey haloumi.
- Drizzle over **garlic aioli** and sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

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

