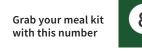


Haloumi & Roasted Veg Bowl

with Babaganoush & Mint Yoghurt

SUMMER SALADS

CLIMATE SUPERSTAR











Carrot

Zucchini







Baby Spinach

Babaganoush



Yoghurt





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



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
mint	½ packet	1 packet
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

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2413kJ (421cal)	421kJ (73cal)
Protein (g)	27.2g	4.7g
Fat, total (g)	37.2g	6.5g
- saturated (g)	17g	3g
Carbohydrate (g)	33.5g	5.8g
- sugars (g)	24.1g	4.2g
Sodium (mg)	1236mg	215.7mg
Dietary Fibre (g)	11.1g	1.9g

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.



Soak the haloumi

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



Prep the veggies

- Cut sweet potato into bite-sized chunks.
- Cut carrot and zucchini into rounds.
- Cut **beetroot** into 1cm chunks.
- Thinly slice mint (see ingredients).



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, add a pinch of **salt** and 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.



Cook the haloumi

- When veggies have 5 minutes remaining, drain haloumi and pat dry, then cut into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side. Remove from the heat, drizzle over the honey and turn haloumi to coat.



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.
- In a small bowl, add mint and Greek-style yoghurt. Sir until combined.



Serve up

- Spread babaganoush on the base of the serving bowls.
- Top with roasted veg and haloumi.
- Drizzle over mint-yoghurt to serve. Enjoy!







In a large frying pan, cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes.



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.

