

Haloumi & Roasted Veg Bowl

with Babaganoush & Mint Yoghurt

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit
with this number

8



Haloumi



Sweet Potato



Carrot



Zucchini



Beetroot



Mint



Baby Spinach
Leaves



Babaganoush



Greek-Style
Yoghurt




Chicken
Tenderloins



Haloumi

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

 Carb Smart

Bring this veggie-loaded bowl brimming with colour and texture to your table tonight! Squeaky haloumi pairs perfectly with a tender roast veggie toss. Slather your bowl with our rich and smokey babaganoush - the ideal accompaniment to this unforgettable dinner delight!

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

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.

1



Soak the haloumi

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

2



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).

3



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.

4



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.

5



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**. Stir until combined.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ ADD CHICKEN TENDERLOINS

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

