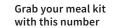
Honey Sesame Haloumi with Roast Veggie Toss & Walnuts

CLIMATE SUPERSTAR









Haloumi

Sweet Potato





Carrot

Beetroot





Brown Onion





Golden Goddess

Mixed Sesame Seeds

Dressing

Walnuts

Dill & Parsley



Mayonnaise

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

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
silverbeet	1 medium packet	2 medium packets
brown onion	1	2
honey*	1 tbs	2 tbs
mixed sesame seeds	1 medium sachet	1 large sachet
golden goddess dressing	1 packet	2 packets
walnuts	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3533kJ (844cal)	541kJ (83cal)
Protein (g)	28.8g	4.4g
Fat, total (g)	54g	8.3g
- saturated (g)	17g	2.6g
Carbohydrate (g)	61.4g	9.4g
- sugars (g)	43.5g	6.7g
Sodium (mg)	1314mg	201.2mg
Dietary Fibre (g)	15.5g	2.4g

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. Roughly chop silverbeet. Slice brown onion into thin wedges.
- Place sweet potato, carrot and beetroot into 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 the 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 the veggies between two trays.



Toss the veggies

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



Cook the haloumi

- 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.



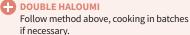
Serve up

- · Crush walnuts in their packet.
- Divide roast veggie toss between bowls. Top with honey sesame haloumi.
- Sprinkle with walnuts and serve with dill & parsley mayonnaise. Enjoy!





ADD CHICKEN BREAST



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

