



# Honey Sesame Haloumi

with Roast Veggie Toss & Walnuts

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Haloumi



Sweet Potato



Carrot



Beetroot



Silverbeet



Brown Onion



Mixed Sesame Seeds



Golden Goddess Dressing



Walnuts



Dill & Parsley Mayonnaise



Chicken Breast



Haloumi

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

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of sesame seeds. Serve over a hearty roast veggie toss and complete the dish with walnuts for some crunch.

### Pantry items

Olive Oil, Honey

## 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
<b>olive oil*</b>	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
<b>honey*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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**.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

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

