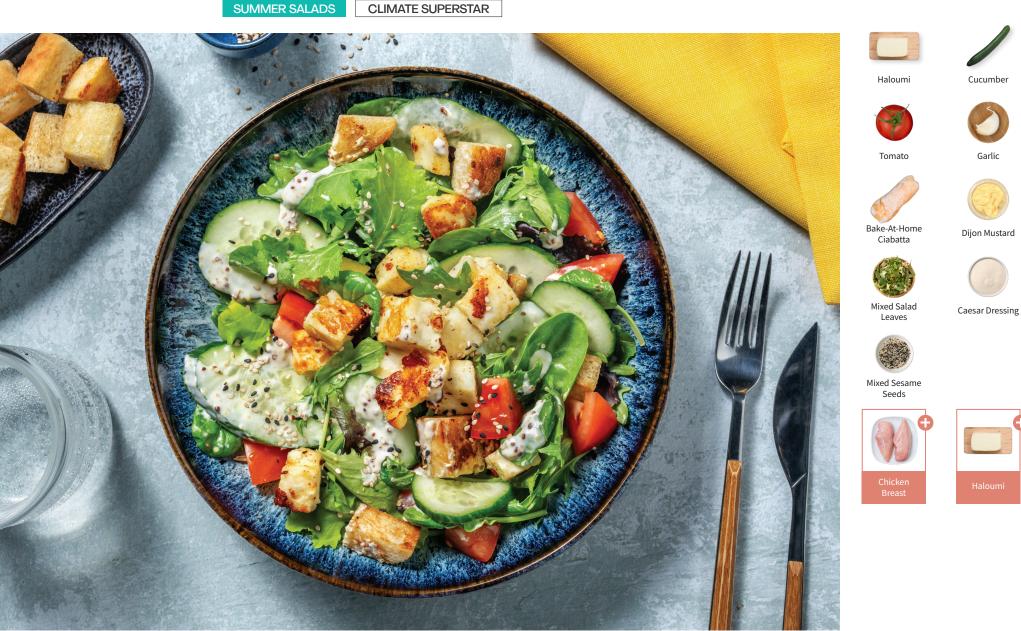


Seared Haloumi & Garlic Crouton Salad with Caesar Dressing & Sesame Seeds

Grab your meal kit with this number





Prep in: 15-25 mins Ready in: 20-30 mins

🌔 Protein Rich

We're in our light and bright era, so only a salad will do. With our mixed salad leaves doing the most, you only need to sear some haloumi and toast some croutons to have a salad fit for a sunny Sunday evening.

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 Large frying pan

	2 People	4 People	
olive oil*	refer to method	refer to method	
haloumi	1 packet	2 packets	
cucumber	1	2	
tomato	1	2	
garlic	2 cloves	4 cloves	
bake-at-home ciabatta	1	2	
Dijon mustard	1 packet	2 packets	
honey*	1⁄2 tbs	1 tbs	
vinegar* (white wine or balsamic)	drizzle	drizzle	
mixed salad leaves	1 medium packet	1 large packet	
caesar dressing	1 packet	2 packets	
mixed sesame seeds	1 medium sachet	1 large sachet	
* Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2977kJ (741cal)	741kJ (184cal)
Protein (g)	30.1g	7.5g
Fat, total (g)	36.9g	9.2g
- saturated (g)	16.1g	4g
Carbohydrate (g)	63g	15.7g
- sugars (g)	8.8g	2.2g
Sodium (mg)	1865mg	463.9mg
Dietary Fibre (g)	9.8g	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.



Get prepped

- To a medium bowl, add **haloumi** and cover with water to soak.
- Thinly slice **cucumber** into rounds.
- Roughly chop **tomato**.
- Finely chop garlic.
- Cut or tear ciabatta into bite-sized chunks.
- In a large bowl, combine Dijon mustard, the honey and a drizzle of vinegar and a good drizzle of olive oil. Season with salt and pepper and set aside.



Make the croutons

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook ciabatta, tossing, until golden and slightly crispy, 5-6 minutes.
- Add another drizzle of **olive oil** and **garlic** to the pan and cook, stirring, until fragrant, **1 minute**. Season to taste, then transfer to a bowl.



Cook the haloumi

- Drain haloumi and pat dry. Cut haloumi into bite-sized chunks.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook haloumi, tossing occasionally, until golden brown, 2-4 minutes.



Serve up

- To the bowl with the dressing, add **mixed salad leaves**, tomato, cucumber and croutons. Toss to combine.
- Divide garlic crouton salad between bowls, then top with seared haloumi.
- Drizzle over caesar dressing and sprinkle with mixed sesame seeds to serve. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2024 | CW51



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.

