

# Honey Haloumi Fattoush Salad

with Pickled Onion & Golden Dressing

**SUMMER SALADS****CLIMATE SUPERSTAR**Grab your meal kit  
with this number**17**

Haloumi



Lemon



Cucumber



Tomato




Red Onion



Garlic

Mini Flour  
TortillasMixed Salad  
LeavesGolden Goddess  
DressingChicken  
Breast

Haloumi

Prep in: **15-25 mins**  
Ready in: **20-30 mins** Carb Smart

This salad sensation will take you on a culinary adventure straight to the heart of the Middle East! Crunchy veggies, crispy tortilla chips and golden haloumi kissed by a drizzle of sticky honey all come together for a fresh and flavourful meal.

**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

Oven tray 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
lemon	½	1
cucumber	1	2
tomato	1	2
red onion	½	1
garlic	2 cloves	4 cloves
mini flour tortillas	3	6
<b>honey*</b>	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2196kJ (524Cal)	556kJ (132Cal)
Protein (g)	23g	5.8g
Fat, total (g)	34.4g	8.7g
- saturated (g)	16.8g	4.3g
Carbohydrate (g)	28.4g	7.2g
- sugars (g)	9.2g	2.3g
Sodium (mg)	1224mg	310mg
Dietary Fibre (g)	6.3g	1.6g

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.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Slice **lemon** into wedges. Thinly slice **cucumber** into half-moons. Roughly chop **tomato**. Thinly slice **red onion** (see ingredients). Finely chop **garlic**. Roughly chop **mini flour tortillas** (see ingredients).
- In a small microwave-safe bowl, combine **onion**, a generous squeeze of **lemon juice** and a good pinch of **sugar** and **salt**.
- Microwave **onion** in **30 second bursts**, until softened. Set aside to cool.



## Cook the haloumi

- Meanwhile, drain **haloumi** and pat dry. Cut **haloumi** into 1cm-thick slices.
- 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.
- Remove from the heat, then add the **honey** and a splash of **water**, turning **haloumi** to coat.



## Bake the tortillas

- In a small bowl, combine **garlic**, a good drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Spread **mini flour tortillas** evenly on a lined oven tray (don't worry if they overlap) and brush with some **garlic oil**.
- Bake until golden, **5-10 minutes**.

**TIP:** If your tray is crowded, toss the tortilla chips halfway through baking.



## Finish & serve

- Drain pickled onion.
- In a large bowl, combine a good squeeze of lemon juice, a drizzle of olive oil and a pinch of salt and pepper. Add **mixed salad leaves**, tomato, cucumber, tortilla chips and pickled onion. Toss to combine and season to taste.
- Divide fattoush salad between bowls.
- Top with honey haloumi.
- Drizzle over **golden goddess dressing** and serve with remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### 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.

