

# Seared Haloumi & Garlic Crouton Salad

with Caesar Dressing & Sesame Seeds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

9



Haloumi



Cucumber



Tomato



Garlic



Bake-At-Home Ciabatta



Dijon Mustard



Mixed Salad Leaves



Caesar Dressing



Mixed Sesame Seeds



Haloumi



Chicken Breast

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	½ tbs	1 tbs
<b>vinegar*</b> (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)	3021kJ (722cal)	751kJ (187cal)
Protein (g)	30.4g	7.6g
Fat, total (g)	36.9g	9.2g
- saturated (g)	15.4g	3.8g
Carbohydrate (g)	64.7g	16.1g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1824mg	453.7mg
Dietary Fibre (g)	10.2g	2.5g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



## 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 **bake-at-home 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.



## 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**.



## 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.



## Finish & serve

- 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!

### CUSTOM OPTIONS



#### DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

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

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

