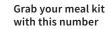


# Lemon Oregano Haloumi & Roast Veggie Toss

with Yoghurt

SUMMER SALADS

CLIMATE SUPERSTAR











Carrot







Lemon









Spinach & Rocket



Greek-Style Yoghurt





Prep in: 15-25 mins Ready in: 30-40 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

Oven tray 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
beetroot	1	2
carrot	1	2
capsicum	1	2
onion	1	2
lemon	1/2	1
garlic	1 clove	2 cloves
honey*	1 tsp	2 tsp
dried oregano	½ sachet	1 sachet
balsamic vinegar*	1 tsp	2 tsp
spinach & rocket mix	1 medium packet	2 medium packets
Greek-style yoghurt	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Per Serving	Per 100g
2061kJ (493cal)	465kJ (105cal)
23.8g	5.4g
32.4g	7.3g
15.9g	3.6g
26.1g	5.9g
24.9g	5.6g
1158mg	261.4mg
9.6g	2.2g
	2061kJ (493cal) 23.8g 32.4g 15.9g 26.1g 24.9g 1158mg

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.
- To a medium bowl, add **haloumi** and cover with **water** to soak.
- Cut beetroot into 1cm chunks. Slice carrot into rounds. Cut capsicum into bite-sized chunks. Cut onion into wedges.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies across two trays!



#### Cook the haloumi

- 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 heat, then add lemon oregano mixture, tossing haloumi to coat.



## Get prepped

- When veggies have 5 minutes remaining, zest lemon to get a generous pinch, then cut into wedges.
- · Finely chop garlic.
- In a small bowl, combine garlic, lemon zest, the honey, dried oregano (see ingredients) and a generous squeeze of lemon juice. Season with salt and pepper.

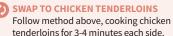


## Finish & serve

- To the tray with roast veggies, add the balsamic vinegar and spinach & rocket mix, tossing to combine.
- Divide roast veggie toss between bowls. Top with lemon oregano haloumi and **Greek-style yoghurt**.
- · Serve with any remaining lemon wedges. Enjoy!









if necessary.

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

