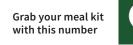


Honey Haloumi Fattoush Salad with Pickled Carrot & Golden Goddess Dressing

SUMMER SALADS

CLIMATE SUPERSTAR







Haloumi







Cucumber





Carrot





Mixed Salad

Mini Flour Tortillas

Leaves



Golden Goddess Dressing





Prep in: 15-25 mins Ready in: 20-30 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
lemon	1/2	1
cucumber	1	2
tomato	1	2
carrot	1	2
garlic	2 cloves	4 cloves
mini flour tortillas	3	6
honey*	½ tbs	1 tbs
mixed salad leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

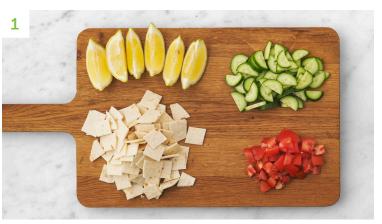
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2296kJ (548Cal)	581kJ (138Cal)
Protein (g)	24g	6.1g
Fat, total (g)	35.6g	9g
- saturated (g)	17.2g	4.4g
Carbohydrate (g)	29.7g	7.5g
- sugars (g)	10.8g	2.7g
Sodium (mg)	1225mg	310mg
Dietary Fibre (g)	6.9g	1.7g

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

- 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. Using a vegetable peeler, peel carrot into ribbons. Finely chop garlic. Roughly chop mini flour tortillas (see ingredients).
- In a small microwave-safe bowl, combine carrot, a generous squeeze of lemon juice and a good pinch of sugar and salt.
- Microwave carrot in 30 second bursts, until softened. Set aside to cool.



Cook the haloumi

- Drain haloumi and pat dry. Cut haloumi into 1cm-thick slices.
- Meanwhile, 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 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 or spread with some garlic oil.
- Bake until golden, 5-10 minutes.

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



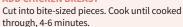
Finish & serve

- Drain pickled carrot.
- 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 carrot. 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!











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.

