

Honey Haloumi Fattoush Salad

with Pickled Carrot & Golden Goddess Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit
with this number

17



Haloumi



Lemon



Cucumber



Tomato



Carrot



Garlic



Mini Flour
Tortillas



Mixed Salad
Leaves



Golden Goddess
Dressing




Chicken
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
olive oil*	refer to method	refer to method
haloumi	1 packet	2 packets
lemon	½	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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



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.

