



# Buffalo Haloumi & Crouton Salad

with Dijon-Ranch Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Haloumi



Baby Cos Lettuce



Cucumber



Tomato



Garlic



Bake-At-Home Ciabatta



BBQ Sauce



Sriracha



Cornflour



Dijon Mustard



Ranch Dressing



Chicken Breast



Diced Bacon

Prep in: 15-25 mins  
Ready in: 20-30 mins

We're in our light and bright era, so only a salad will do. With our baby cos lettuce adding a fresh crunch, 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, Butter, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
baby cos lettuce	1 head	2 heads
cucumber	1	2
tomato	1	2
garlic	2 cloves	4 cloves
bake-at-home ciabatta	1	2
BBQ sauce	1 packet	2 packets
sriracha	1 packet	2 packets
cornflour	1 medium packet	1 large packet
<b>butter*</b>	10g	20g
Dijon mustard	1 packet	2 packets
ranch dressing	1 packet	2 packets
<b>honey*</b>	½ tbs	1 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3235kJ (773Cal)	648kJ (154Cal)
Protein (g)	31g	6.2g
Fat, total (g)	32.8g	6.6g
- saturated (g)	18.1g	3.6g
Carbohydrate (g)	88.6g	17.7g
- sugars (g)	20.9g	4.2g
Sodium (mg)	2376mg	476mg
Dietary Fibre (g)	10.3g	2.1g

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

- To a medium bowl, add **haloumi** and cover with water to soak.
- Roughly shred **baby cos lettuce**.
- Thinly slice **cucumber** into half-moons.
- Slice **tomato** into thin wedges.
- Finely chop **garlic**.
- Slice **bake-at-home ciabatta** in half lengthways.
- **SPICY!** Use less sriracha if you're sensitive to heat! In a small bowl, combine **BBQ sauce** and **sriracha**.



## Make the garlic croutons

- Meanwhile, toast or grill **ciabatta** to your liking.
- Place the **butter** and **garlic** in a small microwave-safe bowl and microwave in **10-second** bursts or until melted. Season with **salt**.
- Cut **toasted ciabatta** into bite-sized chunks. In a large bowl combine **ciabatta** and **garlic butter**, tossing to coat.



## Cook the haloumi

- Drain **haloumi** and pat dry. Cut **haloumi** into bite-sized chunks.
- In a shallow bowl, add **cornflour** and a generous pinch of **pepper**. Dip **haloumi** slices into **cornflour**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Remove from heat, then add **BBQ glaze**, tossing to coat.



## Finish & serve

- In a second small bowl, combine **Dijon mustard**, **ranch dressing** and the **honey**.
- To the bowl with croutons, add tomato, cos lettuce, cucumber and Dijon-ranch dressing. Toss to combine and season to taste.
- Divide crouton salad between bowls.
- Top with buffalo haloumi to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW07



### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

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



#### ADD DICED BACON

Cook with a drizzle of olive oil, breaking up with a spoon, until golden, 4-6 minutes. Sprinkle over salad to serve.

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

