



All-American Crumbed Haloumi

with Sweet Potato Chunks & Apple Slaw

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Lemon



Apple



Parsley



Dijon Mustard



Slaw Mix



All-American Spice Blend



Panko Breadcrumbs



Smokey Aioli

Hands-on: 25-35 mins
Ready in: 40-50 mins

There are plenty of surprises in this meal. With All-American spice blend in the haloumi crumb, you get zest, squeak and crispiness, while apple in the slaw gives crunch and a sweet and tart contrast.

Pantry items

Olive Oil, Plain Flour, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
haloumi	1 packet	2 packets
lemon	½	1
apple	½	1
parsley	1 bag	1 bag
Dijon mustard	1 packet (15g)	2 packets (30g)
slaw mix	1 small bag	1 large bag
All-American spice blend	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3459kJ (827Cal)	660kJ (158Cal)
Protein (g)	30.8g	5.9g
Fat, total (g)	48.5g	9.3g
- saturated (g)	16.6g	3.2g
Carbohydrate (g)	64.2g	12.3g
- sugars (g)	25.2g	12.3g
Sodium (mg)	1539mg	294mg

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.

1



Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

2



Get prepped

While the **sweet potato** is roasting, pat the **haloumi** dry, then slice to get two pieces per person. Zest the **lemon** to get a good pinch, then slice into wedges. Slice the **apple** (see ingredients) into thin sticks. Roughly chop the **parsley**.

3



Make the slaw

In a large bowl, combine the **Dijon mustard**, **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Top with the **apple**, **parsley** and **slaw mix**. Set aside.

TIP: Toss the slaw just before serving to keep the cabbage crisp.

4



Crumb the haloumi

In a shallow bowl, combine the **All-American spice blend**, **plain flour** and a good pinch of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **haloumi** slices into the **flour mixture**, then into the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate.

TIP: Press the haloumi firmly into the flour mixture to help it stick!

5



Cook the haloumi

In a medium frying pan, coat the base over a medium-high heat. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** each side. Transfer to a plate lined with paper towel.

6



Serve up

Toss the slaw. Divide the All-American crumbed haloumi, sweet potato chunks and apple slaw between plates. Serve with the **smokey aioli** and any remaining lemon wedges.

Enjoy!

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