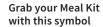
All-American Crumbed Haloumi

with Sweet Potato Chunks & Apple Slaw











Sweet Potato











Dijon Mustard







All-American Spice Blend





Panko Breadcrumbs

Smokey Aioli

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
haloumi	1 packet	2 packets	
lemon	1/2	1	
apple	1/2	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.



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 and toss to coat. Roast until tender, 20-25 minutes.



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**.



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.



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!



Cook the haloumi

In a medium frying pan, add enough **olive oil** to 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.



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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