



# Garlic & Oregano Haloumi Tacos

with Lemon Aioli & Caramelised Onion

Grab your Meal Kit with this symbol



Red Onion



Garlic



Cucumber



Tomato



Cos Lettuce



Haloumi



Dried Oregano



Garlic Aioli



Lemon



Mini Flour Tortillas

Hands-on: 20-30 mins  
Ready in: 25-35 mins

The ultimate in one-handed food, these tacos with delicious herbed haloumi, lemon aioli and caramelised onion are best enjoyed sans cutlery.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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

Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
cucumber	1	2
tomato	1	2
cos lettuce	½ head	1 head
haloumi	1 block	2 blocks
balsamic vinegar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
brown sugar*	2 tsp	1 tbs
dried oregano	1 sachet	2 sachets
garlic aioli	1 packet (50g)	1 packet (100g)
lemon	½	1
mini flour tortillas	6	12

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3537kJ (845Cal)	602kJ (144 Cal)
Protein (g)	28.9g	4.9g
Fat, total (g)	51.2g	8.7g
- saturated (g)	16.8g	2.9g
Carbohydrate (g)	59.4g	10.1g
- sugars (g)	18.9g	3.2g
Sodium (mg)	1475mg	251mg

### 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

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Slice the **cucumber** into thin batons. Slice the **tomato** into thin half-moons. Shred the **cos lettuce**. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi slices** in a small bowl of **cold water** and set aside to soak for **5 minutes**.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



### 4. Make the lemon aioli

Slice the **lemon** (see ingredients list) into wedges. In a small bowl, combine the **garlic aioli** with a **good squeeze of lemon**.

**TIP:** Add as much or as little lemon juice as you like, depending on your taste preference.



### 2. Caramelize the onion

In a medium frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



### 5. Cook the haloumi

Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **haloumi** and cook until golden brown, **2 minutes** each side. While the **haloumi** is cooking, heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



### 3. Flavour the haloumi

While the onion is caramelising, combine the **garlic**, **dried oregano**, a **pinch of pepper** and a **drizzle of olive oil** in a medium bowl. Drain the **haloumi**, then pat dry with paper towel and add to the bowl with the **garlic mixture**. Toss to coat.



### 6. Serve up

Bring everything to the table to serve. Fill each tortilla with some cucumber, tomato, cos lettuce, caramelised onion and garlic and oregano haloumi. Drizzle with the lemon aioli and serve with any remaining lemon wedges.

**Enjoy!**