



# Sesame Crumbed Haloumi & Spinach-Corn Slaw

with Sweet Potato Fries & Mayonnaise

Grab your Meal Kit with this symbol



Haloumi



Sweet Potato



Sweetcorn



Panko Breadcrumbs



Mixed Sesame Seeds



Shredded Cabbage Mix



Baby Spinach Leaves



Ranch Dressing



Mayonnaise



Chicken Breast

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

Eat Me Early\*  
*\*Custom Recipe only*

Let's hear it for haloumi! Give this versatile vegetarian protein the respect it deserves by coating it in a panko crumb, which will get golden and crisp in the pan - a lovely textural contrast against the the delightfully squeaky cheese.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg



## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
sweet potato	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
<b>plain flour*</b>	1 tsp	2 tsp
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
mixed sesame seeds	1 medium packet	1 large packet
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
ranch dressing	1 packet	2 packets
mayonnaise	1 medium packet	2 medium packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3344kJ (799Cal)	611kJ (146Cal)
Protein (g)	33.7g	6.2g
Fat, total (g)	46.5g	8.5g
- saturated (g)	17.2g	3.1g
Carbohydrate (g)	60.4g	11g
- sugars (g)	20.1g	3.7g
Sodium (mg)	1639mg	300mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2952kJ (706Cal)	474kJ (113Cal)
Protein (g)	49.8g	8g
Fat, total (g)	29g	4.7g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	59.2g	9.5g
- sugars (g)	19.1g	3.1g
Sodium (mg)	692mg	111mg

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.

## We're here to help!

Scan here if you have any questions or concerns



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## Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. In a medium bowl, add **haloumi** and cover with water.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide fries between two trays.

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## Make the slaw

- To the bowl with the **charred corn**, add **shredded cabbage mix**, **baby spinach leaves** and **ranch dressing**.
- Toss to combine. Season to taste.

2



## Char the corn

- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.

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## Cook the haloumi

- When the fries have **5-10 minutes** remaining, return frying pan to medium-high heat with enough **olive oil** to coat the base.
- Cook **haloumi** until golden brown, **2 minutes** each side. Set aside on a paper towel-lined plate.

**TIP:** Add extra oil if needed so the crumb does not stick to the pan.

**Custom Recipe:** Heat pan as above. Cook crumbed chicken in batches until golden and cooked through (when no longer pink inside), 2-4 minutes each side. Transfer to a paper towel-lined plate.

3



## Crumb the haloumi

- Drain **haloumi** and pat dry. Slice **haloumi** horizontally to get 1 piece per person.
- In a shallow bowl, combine the **plain flour** and a pinch of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **mixed sesame seeds**.
- Dip haloumi slices into the **flour mixture** to coat, then into the **egg**, and finally in the **breadcrumbs**. Set aside on a plate.

**Custom Recipe:** If you've swapped to chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a rolling pin until they are an even thickness, about 1cm. Prep and crumb chicken as above. Set aside on a plate.

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## Serve up

- Divide crumbed haloumi, sweet potato fries and charred corn slaw between plates.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

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