



Greek-Style Haloumi & Oregano Wedges

with Salad, Tzatziki & Almonds

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Carrot



Snacking Tomatoes



Salad Leaves



Flaked Almonds



Haloumi



Tzatziki

Prep in: 25-35 mins
Ready in: 30-40 mins

Carb Smart

There are plenty of surprises in this meal. With honey and oregano coating the haloumi, you get herby, gooey, squeaky sweetness, while the salad provides a subtly peppery contrast, with the perfect amount of acidity from the tomatoes. Serve with a dollop of tzatziki for tang and creaminess.

Pantry items

Olive Oil, Red Wine Vinegar (or White Wine Vinegar), Honey

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	½ medium sachet	1 medium sachet
haloumi	1 packet	2 packets
carrot	1	2
snacking tomatoes	½ punnet	1 punnet
salad leaves	1 medium bag	1 large bag
red wine vinegar* (or white wine vinegar)	drizzle	drizzle
honey*	1 tbs	2 tbs
flaked almonds	1 medium packet	1 large packet
tzatziki	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2348kJ (561Cal)	479kJ (114Cal)
Protein (g)	25.1g	5.1g
Fat, total (g)	33.6g	6.9g
- saturated (g)	15.7g	3.2g
Carbohydrate (g)	38g	7.8g
- sugars (g)	17.2g	3.5g
Sodium (mg)	1204mg	246mg
Dietary Fibre (g)	10.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and sprinkle with 1/2 the **dried oregano** (see ingredients). Toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Make the salad

- In a large bowl, combine **carrot**, **tomato**, **salad leaves** and a drizzle of **red wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Prep the haloumi

- Meanwhile, cut **haloumi** into 1cm-thick slices.
- In a medium bowl, add **haloumi** and cover with **water**.



Cook the haloumi

- Drain **haloumi** and pat dry.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium, then add the **honey** and remaining **dried oregano**. Cook, turning **haloumi**, until coated and fragrant, **1 minute**.



Prep the veggies

- Grate **carrot**.
- Halve **snacking tomatoes** (see ingredients).



Serve up

- Divide Greek-style haloumi, oregano wedges and salad between plates.
- Sprinkle with **flaked almonds**. Serve with a dollop of **tzatziki**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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