



PAN-FRIED HALOUMI CHEESE

with Caramelised Red Onion & Warm Oregano Roasted Vegetables



Master caramelised onions



Sweet Potato



Zucchini



Roma Tomato



Red Onion



Garlic



Dried Oregano



Haloumi



Parsley

Pantry Staples



Olive Oil



Balsamic Vinegar



Brown Sugar

Hands-on: **25 mins**
Ready in: **35 mins**

So often we treat tomatoes as a mere slice on a burger or something to be tossed in a salad for colour. When baked though, their flavour is amplified to a really delicious degree – perfect with haloumi and caramelised red onion.

BEFORE YOU START

You will need: **chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, two medium frying pans, wooden spoon, small bowl** and **tongs**. Let's start cooking the **Pan-Fried Haloumi Cheese with Caramelised Red Onion & Warm Oregano Roasted Vegetables**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **sweet potato** (unpeeled), **zucchini** and **roma tomato** into 0.5cm circles. Thinly slice the **red onion**. Peel and crush the **garlic**.



2 BAKE THE VEGGIES

Add the **sweet potato, zucchini, roma tomato, 1/2 the garlic, dried oregano** and **1/3 of the olive oil** to the prepared oven tray. Season with **salt** and **pepper** and toss to coat. Bake for **25 minutes**, or until tender and golden.



3 CAMELISE THE ONIONS

Meanwhile, to **caramelize the onions**, heat **1/3 of the olive oil** in a **medium frying pan** over a **low heat**. Add the **red onion** and cook, stirring occasionally, for **8-9 minutes** or until softened. Add the **balsamic vinegar** and **brown sugar** and season with **salt** and **pepper**. Cook for a further **4-5 minutes**, or until sticky and combined.



4 MAKE THE PARSLEY DRESSING

Meanwhile, finely chop the **parsley** leaves and combine with the **remaining garlic** and **remaining olive oil** in a small bowl. Season with **salt** and **pepper**.



5 COOK THE HALOUMI

Slice the **haloumi** into 8, 1cm thick slices. Heat a greased medium frying pan over a medium-high heat. Just before serving, add the haloumi and cook for **1-2 minutes** on each side until golden.



6 SERVE UP

Divide the oregano roasted vegetables between plates, top with haloumi and caramelised onions and spoon over the parsley dressing.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	400 g	800 g
zucchini	1	2
roma tomato	2	4
red onion	1	2
garlic	2 cloves	4 cloves
dried oregano	1 sachet (2 tsp)	2 sachets (4 tsp)
olive oil*	3 tbs	6 tbs
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
haloumi	1 block (180g)	2 blocks (360g)
parsley	1 bunch	2 bunches

*Pantry Items | [Ingredient features in another recipe](#)

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040kJ (727Cal)	485kJ (116Cal)
Protein (g)	28.3g	4.5g
Fat, total (g)	46.4g	7.4g
- saturated (g)	18.9g	3.0g
Carbohydrate (g)	44.5g	7.1g
- sugars (g)	24.1g	3.9g
Sodium (g)	1290mg	205mg

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