












Herby Haloumi & Sweet Potato Tacos

with Caramelised Onion & Garlic Aioli

Grab your Meal Kit with this symbol



- 
Sweet Potato
- 
Garlic & Herb Seasoning
- 
Brown Onion
- 
Garlic
- 
Cucumber
- 
Tomato
- 
Mini Flour Tortillas
- 
Mixed Salad Leaves
- 
Haloumi
- 
Garlic Aioli
- 
Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 35-45 mins

 Eat Me Early*
**Custom Recipe only*

Roasted sweet potatoes are often served on the side, but we've given them a starring role tonight. Complete with a garlicky, golden coating, they work a treat with squeaky, salty, herby haloumi for a veggie taco filling that will leave you wanting more

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

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
brown onion	1	2
garlic	1 clove	2 cloves
cucumber	1	2
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3669kJ (877Cal)	661kJ (158Cal)
Protein (g)	29.1g	5.2g
Fat, total (g)	52g	9.4g
- saturated (g)	18.1g	3.3g
Carbohydrate (g)	69.9g	12.6g
- sugars (g)	22.4g	4g
Sodium (mg)	1855mg	334mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	513kJ (123Cal)
Protein (g)	48.6g	7.7g
Fat, total (g)	31.7g	5g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	69g	10.9g
- sugars (g)	21.6g	3.4g
Sodium (mg)	890mg	141mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW43



1



Roast the sweet potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into small chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with 1/2 the **garlic & herb seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

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

4



Flavour the haloumi

- While the onion is caramelising, drain **haloumi** and pat dry.
- In a medium bowl, combine **garlic**, a drizzle of **olive oil** and remaining **garlic & herb seasoning**. Season with **pepper**. Add **haloumi**, turning to coat.

Custom Recipe: If you've swapped to chicken tenderloins, combine seasoning as above. Add chicken, turning to coat.

2



Get prepped

- Meanwhile, cut **haloumi** into 1cm strips. In a medium bowl, add **haloumi** and cover with water.
- Thinly slice **brown onion**.
- Finely chop **garlic**.
- Slice **cucumber** into thin sticks. Thinly slice **tomato** into half-moons.

5



Cook the haloumi

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi** until golden brown, **1-2 minutes** each side.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

Custom Recipe: Prepare frying pan as above. Cook chicken tenderloins until browned and cooked through, 3-4 minutes each side.

TIP: Chicken is cooked through when it's no longer pink inside.

3



Caramelize the onion

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

6



Serve up

- Spread some **garlic aioli** over the base of each tortilla. Top with **mixed salad leaves**, sweet potato, cucumber, tomato, caramelised onion and herby haloumi.
- Drizzle with remaining aioli to serve. Enjoy!

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