



Honey-Glazed Haloumi

with Roast Veggie Toss, Almonds & Garlic Yoghurt

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Zucchini



Garlic & Herb Seasoning



Garlic



Greek-Style Yoghurt



Haloumi



Mixed Leaves



Roasted Almonds



Haloumi

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **20-30 mins**
- Ready in: **35-45 mins**
- Carb Smart[^]
- Naturally Gluten-Free
- Not suitable for coeliacs*

Is there anything better than honey-spiked haloumi, hot off the pan? How about honey-spiked haloumi on a bed of all the best roast veggies, topped with roast almonds for crunch and a quick garlic yoghurt for a touch of tang.

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

Pantry items
Olive Oil, Honey, Balsamic Vinegar

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
cauliflower	1 medium portion	1 large portion
carrot	1	2
zucchini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
haloumi	1 packet	2 packets
honey*	½ tbs	1 tbs
mixed leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2118kJ (506Cal)	451kJ (108Cal)
Protein (g)	27.6g	5.9g
Fat, total (g)	31.7g	6.7g
- saturated (g)	15.2g	3.2g
Carbohydrate (g)	26.7g	5.7g
- sugars (g)	19.8g	4.2g
Sodium (mg)	1373mg	292mg
Dietary Fibre (g)	12.1g	2.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3247kJ (776Cal)	580kJ (139Cal)
Protein (g)	45.2g	8.1g
Fat, total (g)	52.7g	9.4g
- saturated (g)	28.6g	5.1g
Carbohydrate (g)	29.6g	5.3g
- sugars (g)	21.9g	3.9g
Sodium (mg)	2246mg	401mg

The quantities provided above are averages only.

^ Custom Recipe is not Carb Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

Preheat oven to **240°C/220°C fan-forced**. Cut **cauliflower** and **carrot** into bite-sized chunks. Thickly slice **zucchini** into half-moons.



Cook the haloumi

When veggies have **5 minutes** remaining, cut **haloumi** into 2cm-thick slices. Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **haloumi** until golden brown, **1-2 minutes** each side. Add the **honey**, turning haloumi to coat. Remove from heat.

CUSTOM RECIPE

If you've doubled your haloumi, cook it in batches if your pan is getting crowded. Before adding the honey, return all haloumi to pan.



Roast the veggies

Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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



Finish the roast veggie toss

To the roast **veggie** tray, add **mixed leaves** and a drizzle of **balsamic vinegar**. Gently toss to combine. Season to taste.



Make the garlic yoghurt

While veggies are roasting, finely chop **garlic**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small bowl, then stir in the **Greek-style yoghurt**. Season to taste. Set aside.



Serve up

Divide roast veggie toss between plates. Top with honey-glazed haloumi. Sprinkle with **roasted almonds**. Serve with a dollop of garlic yoghurt.

TIP: Roughly chop the almonds, if preferred.

Enjoy!

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