# Honey-Glazed Haloumi

with Roast Veggie Toss, Almonds & Garlic Yoghurt

Grab your Meal Kit with this symbol













Garlic & Herb Seasoning







Haloumi



Mixed Leaves



Roasted Almonds



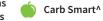
**≅** Haloum

**Pantry items** 

Olive Oil, Honey, Balsamic Vinegar

Hands-on: 20-30 mins Ready in: 35-45 mins 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.



#### 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

ingi calcino				
	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		

<sup>\*</sup>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)	<b>580kJ</b> (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.



## 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.



## 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.



### 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.



# 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.



### 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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