



# ONE-POT HALOUMI BAKE

with Toasty Garlic Bread



Make homemade  
garlic bread



Zucchini



Brown Onion



Carrot



Oregano



Garlic



Haloumi



Mediterranean Spice  
Blend



Diced Tomatoes



Bake-At-Home Ciabatta

*Pantry Staples*



Olive Oil



Butter

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

This dish is just about as tasty and comforting as you can get. From warmed baked haloumi to your very own homemade garlic bread (so much better than the shops, trust us), you're guaranteed to be warmed from your head right down to your toes.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, small frying pan, wooden spoon, small baking dish, small bowl, fork, knife** and **aluminium foil**.



### 1 GET PREPPED

Take the **butter** out of the fridge and bring to room temperature. Preheat the oven to **220°C/200°C fan-forced**. Dice the **zucchini**. Dice the **brown onion**. Dice or grate the **carrot**. Peel and finely grate the **garlic**. Pick the **oregano** leaves. Slice the **haloumi** into 3 cm long strips that are 2-3 mm thick pieces.



### 2 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a small frying pan over a medium-high heat. Add the **zucchini, onion** and **carrot** and cook for **5 minutes**, or until softened.



### 3 ADD SOME FLAVOUR

Add **1/3** of the **garlic**, the **oregano** and the **Mediterranean Spice Blend** to the same pan and cook for **1 minute**, or until fragrant.



### 4 MAKE THE SAUCE

Pour the **diced tomatoes** into the pan, stir through the vegetables and season with a **pinch of pepper**. Remove the pan from the heat and transfer the sauce to a small baking dish. **TIP:** If your frying pan is oven-proof, keep the sauce in the pan! Add the **haloumi** pieces on top of the sauce and place the dish in the oven to bake for **15 minutes**, or until the mixture is bubbling around the sides.



### 5 PREP THE GARLIC BREAD

While the haloumi is baking, add the **remaining garlic** and the **butter** to a small bowl and mash together with a fork. Cut slices into the **bake-at-home ciabatta**, 2 cm apart, ensuring you cut almost to the base but not the whole way through. Using a knife, spread the **garlic butter** onto each slice, then wrap the bread in foil and place in the oven for **10 minutes**, or until the garlic butter has melted and the bread is warmed through.



### 6 SERVE UP

Divide the one-pan haloumi bake between bowls and season with a **pinch of pepper**. Serve the garlic bread on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
butter*	20 g	40 g
zucchini	1	2
brown onion	1	2
carrot	1	2
garlic 🌱	3 cloves	6 cloves
oregano 🌱	1 bunch	2 bunches
haloumi	1 packet (180 g)	2 packets (360 g)
Mediterranean spice blend	1 sachet (3 tsp)	2 sachets (1 1/2 tbs)
diced tomatoes	1 tin (400 g)	2 tins (800 g)
bake-at-home ciabatta	1	2

\*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3070kJ (733Cal)	455kJ (109Cal)
Protein (g)	31.1g	4.6g
Fat, total (g)	39.1g	5.8g
- saturated (g)	20.9g	3.1g
Carbohydrate (g)	58.3g	8.7g
- sugars (g)	16.8g	2.5g
Sodium (g)	1760mg	262mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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