



Honey Garlic Haloumi

with Corn Slaw & BBQ Sweet Potato Wedges

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Haloumi



Sweetcorn



Celery



Garlic



Dijon Mustard



Mayonnaise



Slaw Mix



Long Chilli (Optional)



Chicken Breast

Prep in: 15-25 mins
Ready in: 20-30 mins

Eat Me Early*
**Custom Recipe only*

Vegetarians don't need to miss out on the smoky flavours of the American South with this flavour-packed dinner. Enjoy a taste of the good ol' USA right here with our honey garlic haloumi and BBQ sweet potato wedges.

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

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	2	4
All-American spice blend	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (300g)
celery	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
honey*	½ tbs	1 tbs
Dijon mustard	1 packet	2 packets
mayonnaise	1 large packet	2 large packets
slaw mix	1 small bag	1 large bag
long chilli (optional)	1	2
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3367kJ (805Cal)	616kJ (147Cal)
Protein (g)	25.7g	4.7g
Fat, total (g)	55.7g	10.2g
- saturated (g)	17.4g	3.2g
Carbohydrate (g)	48.6g	8.9g
- sugars (g)	26.7g	4.9g
Sodium (mg)	2074mg	380mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4127kJ (986Cal)	580kJ (139Cal)
Protein (g)	58.9g	8.3g
Fat, total (g)	60.9g	8.6g
- saturated (g)	19g	2.7g
Carbohydrate (g)	48.6g	6.8g
- sugars (g)	26.7g	3.8g
Sodium (mg)	2162mg	304mg

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



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- Spread **wedges** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **wedges** on high, **2 minutes**.
- Drain any excess liquid, then place **wedges** on a lined oven tray. Sprinkle over **All-American spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

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

3



Cook the haloumi & toss the slaw

- Drain **haloumi** and pat dry. Cut **haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- In the **last minute** of cook time, add **garlic** and the **honey** and cook until fragrant, **1-2 minutes**.
- To the bowl with the corn, add **celery**, **Dijon mustard** and half the **mayonnaise**. Add **slaw mix**. Toss to coat. Season to taste.

Custom Recipe: Before cooking haloumi, bring frying pan to high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue as above.

2



Get prepped & char the corn

- Meanwhile, in a medium bowl, add **haloumi** and cover with **water**.
- Drain **sweetcorn**. Thinly slice **celery**. Finely chop **garlic**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.

4



Serve up

- Thinly slice **long chilli** (if using).
- Divide honey garlic haloumi, corn slaw and BBQ sweet potato wedges between plates.
- Garnish with **chilli**. Serve with remaining mayonnaise. Enjoy!

Rate your recipe

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