



# Quick Crumbed Haloumi Caesar-Style Salad

with Croutons & Creamy Dressing

Grab your Meal Kit with this symbol



Baby Cos Lettuce



Cucumber



Tomato



Bake-At-Home Ciabatta



Nan's Special Seasoning



Panko Breadcrumbs



Haloumi



Caesar Dressing



Shaved Parmesan Cheese

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful crumbed haloumi meets a caesar-style salad tossed in a tangy and creamy dressing, then topped with sharp Parmesan to finish it off.

### Pantry items

Olive Oil, Plain Flour, Egg



## 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
<b>olive oil*</b>	refer to method	refer to method
haloumi	1 packet	2 packets
baby cos lettuce	1 head	2 heads
cucumber	1	2
tomato	1	2
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
caesar dressing	1 packet	2 packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2948kJ (705Cal)	668kJ (160Cal)
Protein (g)	31.8g	7.2g
Fat, total (g)	38.8g	8.8g
- saturated (g)	18.3g	4.1g
Carbohydrate (g)	55.9g	12.7g
- sugars (g)	7.8g	1.8g
Sodium (mg)	2107mg	478mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Pat **haloumi** dry with a paper towel and cut **haloumi** into 1 cm slices. Finely shred **baby cos lettuce**. Slice **cucumber** into thin rounds. Roughly chop **tomato**.



## Cook the halloumi

- While croutons are baking, in a shallow bowl, add the **plain flour**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **haloumi slices** into **flour**, followed by **egg**, and finally **panko breadcrumbs**. Set aside on a plate.
- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- Cook **haloumi** until golden brown, **2 minutes** each side. Set aside on a plate-towel lined plate.



## Bake the croutons

- Cut or tear **bake-at-home ciabatta** into bite-sized chunks.
- Place on a lined oven tray with **Nan's special seasoning** and a drizzle of **olive oil**.
- Toss to coat and bake until golden, **5-7 minutes**.



## Bring it all together

- In a large bowl, combine **caesar dressing** and a splash of water. To the bowl, add cucumber, tomato, baby cos lettuce and croutons. Toss to combine and season to taste.
- Divide caesar-style salad between bowls, top with crumbed haloumi and garnish with **shaved Parmesan cheese** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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