

SPICED HALUMI

with Green Bean & Potato Salad







Jazz up haloumi with a spice mix





Green Beans





Haloumi

Roasted Almonds





Rocket Leaves Greek Spice Blend

Pantry Staples





Olive Oil

White Wine Vinegar





Dijon Mustard

Sugar

Hands-on: 10 mins Ready in: 25 mins

We met this salad in the wild one day, part Nicoise, part haloumi, all delicious. We weren't quite sure what to make of it, but one taste was enough to convince us it needed a spot in our boxes. We think you'll agree!

BEFORE YOU START

You will need: kettle, chef's knife, chopping board, large bowl, colander, large frying pan and tongs. Let's start cooking the Spiced Haloumi with Green Bean & Potato Salad



GET PREPPED Put a full kettle of water on to boil. Trim the green beans. Finely slice the potato (unpeeled) into 3 mm thin slices. Cut the haloumi into 10 mm slices and then in half on a diagonal into triangles.



COOK THE GREEN BEANS Add the green beans to a large bowl and cover with boiling water. Set aside to stand for 5 minutes, or until bright green and tender but still crunchy. Drain and set aside.



COOK THE POTATO Meanwhile, heat 1/2 of the olive oil in a large frying pan over a medium-high heat. Season the potato slices with salt and pepper and add to the pan. Cook for 3-4 minutes on each side, or until golden and crispy. Remove from the pan and set aside. Add the **roasted** almonds to the pan and cook for 2 minutes to warm through.



NUTRITION PER 100G PER SERVING 2650kJ (633Cal) 875kJ (209Cal) Energy (kJ) Protein (g) 28.7g 9.5g 47.7g Fat, total (g) 15.7g 6.1g - saturated (g) 18.6g 19.8g Carbohydrate (g) 6.5g

3.2g

1330mg

INGREDIENTS

1 bag

200g

1 block

(180g)

2 tbs

1 packet

(1/4 cup)

1tsp

1/4 tsp

pinch

½ bag

1 sachet

*Pantry Items | • Ingredient features in another recipe

2 bags

400g

2 blocks

2 packets

(½ cup)

2 tsp

½ tsp

1 bag

2 pinches

2 sachets

1.1g

438mg

(360g)

4 tbs

green beans

potatoes

haloumi

olive oil'

roasted almonds

white wine vinegar*

Dijon mustard*

sugar*(optional)

rocket leaves ®

Greek spice blend

- sugars (g)

Sodium (g)



DRESS THE SALAD Meanwhile, in the same large bowl combine the white wine vinegar, Dijon mustard and 1/4 of the olive oil. Season with salt and pepper and mix well. Taste and add the sugar if you think it needs sweetness. Add the green beans, rocket leaves and potato slices and toss to coat in the dressing.



COOK THE HALOUMI Drizzle the **remaining olive oil** over the **haloumi** triangles, sprinkle over the **Greek spice blend** and rub into both sides to coat. Add the haloumi to the frying pan and cook on a medium-high heat for **1-2 minutes** on each side, or until golden.



SERVE UP Divide the green bean and potato salad between plates, top with the spiced haloumi and sprinkle over the roasted almonds.

ENJOY!







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