



# Smokey Crumbed Haloumi

with Roast Veggie Toss & Creamy Pesto Dressing

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Beetroot



Brown Onion



Sweet Potato



Nan's Special Seasoning



Panko Breadcrumbs



Salad Leaves



Pepitas



Haloumi



Creamy Pesto Dressing



Chicken Breast

Prep in: 25-35 mins  
Ready in: 40-50 mins

Eat Me Early\*  
\*Custom Recipe only

Take a veggie toss to new heights with naturally sweet roasted veg and a drizzle of our creamy pesto dressing. Top it with spiced haloumi, complete with a golden crumb, and you have yourself a recipe that will be requested on the regular!

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

### Pantry items

Olive Oil, Plain Flour, Egg, Honey, Balsamic Vinegar

## 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 · Medium frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
brown onion	1	2
sweet potato	2	4
haloumi	1 packet	2 packets
<b>plain flour*</b>	1 tbs	2 tbs
Nan's special seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
pepitas	1 medium packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3799kJ (908Cal)	624kJ (149Cal)
Protein (g)	35g	5.8g
Fat, total (g)	53.1g	8.7g
- saturated (g)	18.5g	3g
Carbohydrate (g)	72g	11.8g
- sugars (g)	30.1g	4.9g
Sodium (mg)	1707mg	281mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3407kJ (814Cal)	499kJ (119Cal)
Protein (g)	51.1g	7.5g
Fat, total (g)	35.6g	5.2g
- saturated (g)	5.7g	0.8g
Carbohydrate (g)	70.8g	10.4g
- sugars (g)	29.1g	4.3g
Sodium (mg)	760mg	111mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Preheat the oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small cubes. Cut **brown onion** into thick wedges. Cut **sweet potato** into bite-sized chunks.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add **haloumi** and cover with **water**.



## Cook the haloumi

- When the veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a medium frying pan over medium-high heat.
- Cook **haloumi** until golden brown, **1-2 minutes** each side. Transfer to a plate lined with paper towel.

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook crumbed chicken in batches until golden and cooked through (when it's no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate.



## Roast the veggies

- Place **beetroot**, **onion** and **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Bring it all together

- In a medium bowl, combine the **honey** and a drizzle of **balsamic vinegar** and **olive oil**. Add the **roasted veggies** and **salad leaves**. Toss to combine. Season to taste.



## Crumb the haloumi

- While the veggies are roasting, in a shallow bowl, combine the **plain flour**, **Nan's special seasoning** and a good pinch of **pepper**.
- In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Drain **haloumi** and pat dry. Dip **haloumi slices** into the **flour mixture**, then into the **egg**, and finally in the **panko breadcrumbs**. Set aside.

**Custom Recipe:** If you've added chicken breast, place chicken breast between two sheets of baking paper. Pound chicken with a meat mallet or rolling pin until they are an even thickness, about 1 cm. Crumb the chicken in the same way as above.



## Serve up

- Divide the roast veggie toss between bowls.
- Top with smokey crumbed haloumi.
- Sprinkle with **pepitas** and drizzle with **creamy pesto dressing** to serve. Enjoy!

## Rate your recipe

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