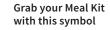


Smokey Crumbed Haloumi with Roast Veggie Toss & Creamy Pesto Dressing

CLIMATE SUPERSTAR













Sweet Potato



Nan's Special

Seasoning





Salad Leaves

Panko Breadcrumbs



Pepitas





Creamy Pesto Dressing





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

Eat Me Early*

*Custom Per *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!

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
beetroot	1	2		
brown onion	1	2		
sweet potato	2	4		
haloumi	1 packet	2 packets		
plain flour*	1 tbs	2 tbs		
Nan's special seasoning	1 medium sachet	1 large sachet		
egg*	1	2		
panko breadcrumbs	1 medium packet	1 large packet		
honey*	1 tsp	2 tsp		
balsamic vinegar*	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

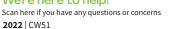
The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

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

We're here to help!







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.



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.



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.



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.



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate