



Golden Haloumi & Oregano Potato Wedges

with Cucumber Salad & Garlic Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

21



Potato



Dried Oregano



Haloumi



Cucumber



Tomato



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Parsley



Garlic Sauce



Haloumi



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 30-40 mins



There are plenty of surprises in this meal. With oregano wedges and golden honey haloumi, you get some serious squeak and critical crispiness, while the cucumber salad provides some favoured freshness.

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 |
| potato | 2 | 4 |
| dried oregano | 1 sachet | 2 sachets |
| haloumi | 1 packet | 2 packets |
| cucumber | 1 | 2 |
| tomato | 1 | 2 |
| honey* | 1 tbs | 2 tbs |
| mixed salad leaves | 1 medium packet | 1 large packet |
| balsamic vinaigrette dressing | 1 packet | 2 packets |
| parsley | 1 packet | 1 packet |
| garlic sauce | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2400kJ (573Cal) | 484kJ (115Cal) |
| Protein (g) | 29.8g | 6g |
| Fat, total (g) | 33.3g | 6.7g |
| - saturated (g) | 15.4g | 3.1g |
| Carbohydrate (g) | 40.8g | 8.2g |
| - sugars (g) | 16.7g | 3.4g |
| Sodium (mg) | 1265mg | 255mg |
| Dietary Fibre (g) | 5.8g | 1.2g |

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **dried oregano** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

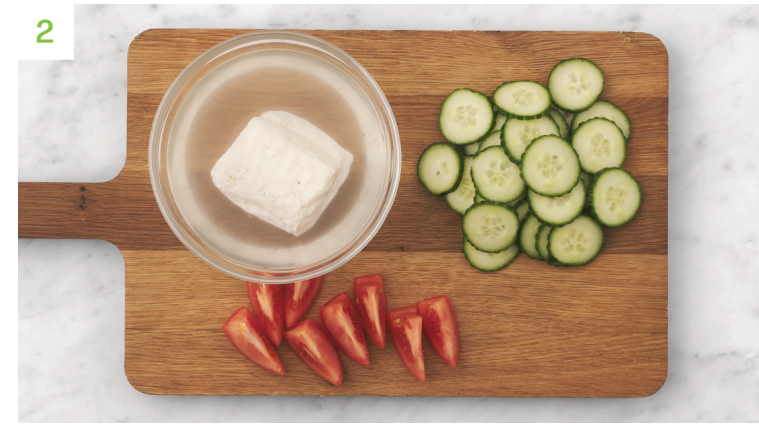
3



Cook the haloumi

- When the wedges have **5 minutes** remaining, drain **haloumi** and pat dry, then cut into 1cm-thick slices.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Remove from heat. Add the **honey**, turning to coat.

2



Get prepped

- Meanwhile, to a medium bowl, add **haloumi** and cover with water.
- Thinly slice **cucumber** into rounds.
- Cut **tomato** into thin wedges.

4



Finish & serve

- To a second medium bowl, add cucumber, tomato, **mixed salad leaves** and **balsamic vinaigrette dressing**. Season to taste and toss to coat.
- Divide golden haloumi, oregano potato wedges and cucumber salad between plates.
- Tear **parsley** over haloumi. Top with a dollop of **garlic sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW09



CUSTOM OPTIONS



DOUBLE HALOUMI

Follow method above, cooking in batches if necessary.



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

