

## **AMERICAN BBQ HALOUMI**

with Corn Slaw & Sweet Potato Wedges





Use spices to recreate that smokey BBQ flavour!



Sweet Potato







Long Red Chilli (Optional)





Lemon

Spring Onion





Dijon Mustard

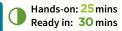


Slaw Mix



All-American Spice Blend

Pantry Staples: Olive Oil







Vegetarians don't need to miss out on the smokey flavours of the American South with this flavour-packed BBQ haloumi, plus all the fixins! Enjoy a taste of the good ol' USA right here. Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

· oven tray lined with baking paper · large frying pan



Preheat the oven to 240°C/220°C fanforced. Cut the sweet potato (unpeeled) into
1cm wedges. Place the sweet potato on an
oven tray lined with baking paper, drizzle
with olive oil and season with salt and
pepper. Toss to coat, then roast until tender,
25-30 minutes. TIP: Cut the sweet potato to
the correct size so it cooks in the allocated time.



While the sweet potato is roasting, slice the kernels off the corn cob. Cut each block of haloumi into 4 steaks (slice into 2 thin rectangles, then cut each rectangle in half). Place the haloumi in a small bowl of cold water and set aside to soak for 5 minutes.

\*TIP: Soaking the haloumi helps mellow out the saltiness! Thinly slice the long red chilli (if using). Thinly slice the spring onion.



CHAR THE CORN
Heat a large frying pan over a high heat.
Add the corn kernels and cook, tossing occasionally, until golden and lightly charred,
4-5 minutes. \*TIP: Cover the pan with a lid or foil if the kernels are "popping" out. Transfer to a plate.



MAKE THE SLAW
Cut the lemon (see ingredients list) into wedges. In a large bowl, combine the Dijon mustard, mayonnaise, a squeeze of lemon juice and a pinch of salt and pepper.

TIP: For the low-calorie option, omit the mayonnaise and add a drizzle of olive oil.
Add the slaw mix, spring onion and charred corn. Gently toss to coat in the dressing.



When the sweet potato has 5 minutes cook time remaining, drain the haloumi and pat dry. In a medium bowl, combine the haloumi, All-American spice blend and a drizzle of olive oil. Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the haloumi until golden, 2 minutes each side. \*TIP: Keep an eye on the haloumi as the spice blend will char quickly.



SERVE UP
Divide the corn slaw, sweet potato
wedges and American BBQ haloumi between
plates. Garnish with the chilli (if using). Serve
with any remaining lemon wedges.

**ENJOY!** 

## INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	1	2
haloumi	1 block	2 blocks
long red chilli (optional)	1	2
spring onion	1 bunch	1 bunch
lemon	1/2	1
Dijon mustard	<b>1 tub</b> (15g)	<b>2 tubs</b> (30g)
mayonnaise	1 tub (40g)	<b>2 tubs</b> (80g)
slaw mix	<b>1 bag</b> (150g)	<b>1 bag</b> (300g)
All-American spice blend	1 sachet	2 sachets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (534Cal)	481kJ (115Cal)
Protein (g)	26.5g	5.7g
at, total (g)	26.1g	5.6g
saturated (g)	14.4g	3.1g
Carbohydrate (g)	43.4g	9.4g
sugars (g)	19.5g	4.2g
Sodium (g)	1210mg	261mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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Hello@HelloFresh.com.au

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