



AMERICAN BBQ HALOUMI

with Corn Slaw & Sweet Potato Wedges



Use spices to recreate that smokey BBQ flavour!



Sweet Potato



Corn



Haloumi



Long Red Chilli (Optional)



Spring Onion



Lemon



Dijon Mustard



Mayonnaise



Slaw Mix



All-American Spice Blend

Hands-on: **25 mins**
Ready in: **30 mins**

Low calorie

Spicy (optional long red chilli)

Naturally gluten-free
Not suitable for Coeliacs

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.

Pantry Staples: Olive Oil

BEFORE YOU START

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**



1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. 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.



4 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.



2 GET PREPPED

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**.



5 COOK THE HALOUMI

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.



3 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.



6 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!

2 | 4 PEOPLE 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	½	1
Dijon mustard	1 tub (15g)	2 tubs (30g)
mayonnaise	1 tub (40g)	2 tubs (80g)
slaw mix	1 bag (150g)	1 bag (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
Fat, 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](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK43