



Haloumi & Dukkah Roast Veggie Bowl

with Yoghurt Dressing

Grab your Meal Kit
with this symbol



Sweet Potato



Zucchini



Beetroot



Red Onion



Roasted Almonds



Haloumi



Dukkah



Garlic



Greek Yoghurt



Spinach &
Rocket Mix



Hands-on: **30-40** mins



Ready in: **45-55** mins



Naturally gluten-free

Not suitable for Coeliacs

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with dukkah, while a tangy yoghurt dressing and roasted almonds finish it off.

Pantry items

Olive Oil, Vinegar (White Wine
or Red Wine)

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
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
beetroot	1	2
red onion	1	2
roasted almonds	1 packet	2 packets
haloumi	1 packet	2 packets
dukkah	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	2 packets (200g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3080kJ (736Cal)	446kJ (107Cal)
Protein (g)	38.1g	5.5g
Fat, total (g)	39.9g	5.8g
- saturated (g)	18.5g	2.7g
Carbohydrate (g)	49.1g	7.1g
- sugars (g)	26.5g	3.8g
Sodium (g)	1840mg	267mg

Allergens

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

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **zucchini** into 2cm half-moons. Cut the **beetroot** (unpeeled) into 1cm chunks. Slice the **red onion** into 2cm wedges. Roughly chop the **roasted almonds**. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** in a small bowl of cold water and leave to soak.

TIP: Cut the veggies to the correct size so they cook in the allocated time.

TIP: Soaking the haloumi helps mellow out the saltiness!



2. Roast the veggies

Place the **sweet potato**, **zucchini**, **beetroot**, **onion**, **dukkah** and a **drizzle** of **olive oil** on an oven tray lined with baking paper. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



3. Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). In a medium frying pan, heat **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a second small bowl and allow to cool for **5 minutes**. Add the **Greek yoghurt** and whisk to combine. Season to taste with **salt** and **pepper**. Set aside.



4. Cook the haloumi

When the **veggies** have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Drain the **haloumi** and pat dry with paper towel. When the oil is hot, cook the haloumi until golden brown, **2 minutes** each side.



5. Finish the salad

In a medium bowl, add the **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and **vinegar**. Season with **salt** and **pepper** and mix well. Add the **spinach & rocket mix** and toss to combine.



6. Serve up

Divide the salad between plates and top with the roasted vegetables and haloumi. Spoon over the garlic yoghurt and sprinkle with the chopped roasted almonds.

Enjoy!