



# Greek-Style Haloumi & Herby Wedges

with Pear Salad & Tzatziki

Grab your Meal Kit with this symbol



Potato



Italian Herbs



Red Onion



Cucumber



Pear



Spinach & Rocket Mix



Haloumi



Tzatziki



Flaked Almonds

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Calorie Smart

Naturally Gluten-Free  
*Not suitable for coeliacs*

There are plenty of surprises in this meal. With honey and Italian herbs coating the haloumi you get herby, gooey, squeaky sweetness, while the crisp pear salad gives a sharp contrast. You'll be wishing you could have this every night!

*The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.*

### Pantry items

Olive Oil, Red Wine Vinegar (or White Wine Vinegar), Honey



## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Italian herbs	½ sachet	1 sachet
red onion	½	1
red wine vinegar* (or white wine vinegar)	¼ cup	½ cup
cucumber	1	2
pear	1	2
spinach & rocket mix	1 bag (60g)	1 bag (120g)
haloumi	1 packet	2 packets
honey*	1 tbs	2 tbs
tzatziki	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	482kJ (115Cal)
Protein (g)	25.9g	4.7g
Fat, total (g)	36.6g	6.6g
- saturated (g)	15.8g	2.9g
Carbohydrate (g)	47g	8.5g
- sugars (g)	18.4g	8.5g
Sodium (mg)	1157mg	209mg

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](https://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 the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place the **potato**, a drizzle of **olive oil** and 1/2 the **Italian herbs** on a lined oven tray. Season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

2



## Pickle the onion

While the wedges are baking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **red wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid. Add just enough **water** to cover the onion and stir to coat. Set aside until serving.

3



## Get prepped

Thinly slice the **cucumber** into half-moons. Thinly slice the **pear**.

4



## Make the salad

In a large bowl, combine a splash of the **pickling liquid** and a drizzle of **olive oil**. Add the **spinach & rocket mix**, **cucumber** and **pear**. Season with **salt** and **pepper**.

5



## Cook the haloumi

Cut the **haloumi** into 4 steaks (slice into 2 thin rectangles, then cut each rectangle in half). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Reduce the heat to medium and add the **honey** and remaining **Italian herbs**. Cook, turning, until fragrant **1 minute**.

6



## Serve up

Drain the pickled onion, add to the salad bowl and toss to combine. Divide the herby wedges, salad and haloumi between plates. Top with some of the **tzatziki**. Sprinkle over the **flaked almonds**. Serve the remaining tzatziki on the side.

## Enjoy!

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