



Greek-Style Haloumi & Oregano Wedges

with Salad, Tzatziki & Almonds

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Red Onion



Carrot



Pear



Spinach & Rocket Mix



Haloumi



Flaked Almonds



Tzatziki

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

There are plenty of surprises in this meal. With honey and oregano coating the haloumi, you get herby, gooey, squeaky sweetness, while the salad provides a peppery, earthy and tart contrast. Serve with a dollop of tzatziki for tang and creaminess.

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
dried oregano	1 medium sachet	2 medium sachets
red onion	½	1
red wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
pear	½	1
spinach & rocket mix	1 medium bag	1 large bag
haloumi	1 packet	2 packets
honey*	1 tbs	2 tbs
flaked almonds	1 medium packet	1 large packet
tzatziki	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	467kJ (111Cal)
Protein (g)	26.3g	4.7g
Fat, total (g)	32.1g	5.7g
- saturated (g)	14.7g	2.6g
Carbohydrate (g)	53.1g	9.5g
- sugars (g)	24.9g	4.4g
Sodium (mg)	1038mg	185mg

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.



Bake the wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and sprinkle with 1/2 the **dried oregano**. Toss to coat. Bake until tender, **20-25 minutes**.

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



Pickle the onion

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



Get prepped

Grate **carrot**. Thinly slice **pear** (see ingredients) into wedges.



Make the salad

In a large bowl, combine a splash of **pickling liquid** and a drizzle of **olive oil**. Add **carrot**, **pear** and **spinach & rocket mix**. Toss to combine. Season to taste.



Cook the haloumi

Cut **haloumi** into thin rectangles. 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. Reduce heat to medium, then add the **honey** and remaining **oregano**. Cook, turning haloumi, until coated and fragrant, **1 minute**.



Serve up

Drain pickled onion, then add to salad, tossing to combine. Divide Greek-style haloumi, oregano wedges and salad between plates. Sprinkle with **flaked almonds**. Serve with a dollop of **tzatziki**.

Enjoy!

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