



GOLDEN HALOUMI & DUKKAH PUMPKIN

with Rocket Salad



Coat haloumi in flour for a lightly crisp coating



Peeled & Chopped Pumpkin



Dukkah



Haloumi



Tomato



Cucumber



Mint



Dijon Mustard



Rocket Leaves



Black Sesame Seeds



Hands-on: 20 mins

Ready in: 30 mins

Haloumi is the king of cheeses, but add a golden coating and a drizzle of honey and it's beyond belief! These gorgeous morsels are served on a robust salad of dukkah roasted pumpkin, fresh veggies and vibrant mint for a seasonal and satisfying delight.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic), Plain Flour, Honey

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**
- **medium frying pan**



1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan forced**. Place the **peeled & chopped pumpkin, dukkah** and a **drizzle of olive oil** onto the oven tray lined with baking paper. Toss to coat, then roast for **20-25 minutes** or until tender.



2 PREP HALOUMI & VEG

While the pumpkin is roasting, cut the **haloumi** into 1cm-thick slices. Place the haloumi slices in a small bowl of cold water and set aside to soak for **5 minutes**. Thinly slice the **tomato** into wedges. Thinly slice the **cucumber** into half-moons. Pick the **mint** leaves and thinly slice (reserve a few leaves for garnish!). **TIP:** Soaking the haloumi helps mellow out the saltiness.



3 MAKE THE SALAD

In a large bowl, combine the **Dijon mustard, vinegar, sugar** and **olive oil (3 tsp for 2 people / 1 1/2 tbs for 4 people)**. Season with **salt** and **pepper** and mix well. Add the **rocket leaves, tomato, cucumber** and **mint** to the dressing. **TIP:** Toss just before serving to keep the leaves crisp.



4 COAT THE HALOUMI

Place the **plain flour** and a **pinch of pepper** on a plate. Drain the **haloumi** and pat dry with paper towel. Place the haloumi on the plate and turn to coat.



5 FRY THE HALOUMI

When the pumpkin has **5 minutes** cook time remaining, heat a **good drizzle of olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, add the coated **haloumi** and cook for **2 minutes** on each side or until golden. Remove the pan from the heat, **drizzle** the **honey** over the haloumi and turn to coat.



6 SERVE UP

Add the pumpkin to the salad and toss to coat. Divide the salad between bowls and top with the haloumi. Sprinkle with the **black sesame seeds** and reserved mint leaves. Drizzle over any remaining honey from the pan.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400 g)	1 packet (800 g)
dukkah	1 sachet	2 sachets
haloumi	1 block	2 blocks
tomato	1	2
cucumber	1	2
mint	1 bunch	1 bunch
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
vinegar* (white wine or balsamic)	2 tsp	1 tbs
sugar*	1 tsp	2 tsp
rocket leaves	1 bag (30 g)	1 bag (60 g)
plain flour*	2 tbs	1/3 cup
honey*	2 tsp	1 tbs
black sesame seeds	1 sachet	2 sachets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2450kJ (586Cal)	528kJ (126Cal)
Protein (g)	29.1g	6.3g
Fat, total (g)	36.9g	7.9g
- saturated (g)	16.2g	3.5g
Carbohydrate (g)	31.3g	6.7g
- sugars (g)	20.1g	4.3g
Sodium (g)	1340mg	288mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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

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