



Honey-Glazed Haloumi

with Roast Veggie Toss, Almonds & Garlic Yoghurt



Cauliflower



Carrot



Zucchini



Garlic & Herb Seasoning



Garlic



Greek-Style Yoghurt



Haloumi



Baby Spinach Leaves



Roasted Almonds



Hands-on: **20-30 mins**
Ready in: **35-45 mins**



Carb Smart



Naturally Gluten-Free
Not suitable for coeliacs

Is there anything better than honey-spiked haloumi, hot off the pan? How about honey-spiked haloumi on a bed of all the best roast veggies, topped with roast almonds for crunch and a quick garlic yoghurt for a touch of tang.

Pantry items

Olive Oil, Honey, Balsamic Vinegar

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
cauliflower	1 medium portion	1 large portion
carrot	1	2
zucchini	1	2
garlic & herb seasoning	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
haloumi	1 packet	2 packets
honey*	2 tsp	1 tbs
baby spinach leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2120kJ (506Cal)	450kJ (107Cal)
Protein (g)	27.2g	5.8g
Fat, total (g)	31.2g	6.6g
- saturated (g)	15.6g	3.3g
Carbohydrate (g)	26.4g	5.6g
- sugars (g)	21.1g	4.5g
Sodium (mg)	1536mg	326mg
Dietary Fibre	10.8g	2.3g

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** and **carrot** into bite-sized chunks. Thickly slice the **zucchini** into half-moons.



Roast the veggies

Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **garlic & herb seasoning** and season with **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

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



Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small bowl, then stir in the **Greek-style yoghurt**. Season to taste. Set aside.



Cook the haloumi

When the veggies have **5 minutes** remaining, cut the **haloumi** into 2cm-thick slices. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Once hot, cook the **haloumi** until golden brown, **1-2 minutes** each side. Add the **honey**, turning to coat. Remove from the heat.



Finish the roast veggie toss

Add the **baby spinach leaves** and a drizzle of **balsamic vinegar** to the tray of roast veggies. Gently toss to combine. Season to taste.



Serve up

Divide the roast veggie toss between plates. Top with the honey-glazed haloumi. Sprinkle over the **roasted almonds**. Serve with a dollop of garlic yoghurt.

TIP: Roughly chop the almonds, if preferred.

Enjoy!

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