



Honey-Glazed Haloumi

with Roast Veggie Toss, Almonds & Garlic Yoghurt

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Garlic



Baby Spinach Leaves



Roasted Almonds



Greek-Style Yoghurt



Haloumi



Haloumi

Prep in: 20-30 mins
Ready in: 35-45 mins

Calorie Smart
**Custom recipe is not Calorie Smart*

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, White Wine 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
potato	2	4
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2564kJ (613Cal)	454kJ (109Cal)
Protein (g)	30.8g	5.5g
Fat, total (g)	32.9g	5.8g
- saturated (g)	16.1g	2.8g
Carbohydrate (g)	47.6g	8.4g
- sugars (g)	25.1g	4.4g
Sodium (mg)	1572mg	278mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3716kJ (888Cal)	567kJ (136Cal)
Protein (g)	47.9g	7.3g
Fat, total (g)	55.7g	8.5g
- saturated (g)	30.5g	4.7g
Carbohydrate (g)	48.8g	7.5g
- sugars (g)	26.1g	4g
Sodium (mg)	2607mg	398mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Cut **beetroot** into small chunks.



Roast veggies & prep haloumi

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.
- Meanwhile, cut **haloumi** into 1cm-thick slices. Place in a medium bowl and cover with **water**.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

Custom Recipe: If you've doubled your haloumi, prepare the extra haloumi in the same way as above.



Cook the haloumi

- When veggies have **5 minutes** remaining, drain **haloumi** and pat dry. Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add the **honey**, turning to coat, until fragrant, **1-2 minutes**.

Custom Recipe: For best results, cook haloumi in batches, returning all haloumi to the pan before adding the honey.



Toss the veggies

- To the tray with the roasted veggies, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Gently toss to combine. Season to taste.



Make the garlic yoghurt

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



Serve up

- Roughly chop **roasted almonds**.
- Divide roast veggie toss between plates. Top with honey-glazed haloumi. Sprinkle with almonds.
- Serve with a dollop of garlic yoghurt. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate