



# Honey & Sesame Haloumi

with Roast Veggie Toss, Walnuts & Parsley

Grab your Meal Kit  
with this symbol



Potato



Carrot



Capsicum



Red Onion



Garlic & Herb  
Seasoning



Walnuts



Mixed Sesame  
Seeds



Baby Spinach  
Leaves



Parsley



Haloumi



## Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **10-20** mins  
Ready in: **30-40** mins

Naturally Gluten-Free  
*Not suitable for coeliacs*

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of nutty sesame seeds. Serve with a hearty roast veggie toss, and complete the dish with walnuts for some nutty, buttery flavour and crunch.

## Pantry items

Olive Oil, Honey, Red 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
capsicum	1	2
red onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
walnuts	1 medium packet	1 large packet
haloumi	1 packet	2 packets
<b>honey*</b>	1 tbs	2 tbs
mixed sesame seeds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>red wine vinegar*</b>	1 tsp	2 tsp
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2758kJ (659Cal)	443kJ (106Cal)
Protein (g)	29.4g	4.7g
Fat, total (g)	32.3g	5.2g
- saturated (g)	14.8g	2.4g
Carbohydrate (g)	59.2g	9.5g
- sugars (g)	32.6g	5.2g
Sodium (mg)	1484mg	238mg

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato**, **carrot** and **capsicum** into bite-sized chunks. Slice **red onion** into thick wedges.
- Spread prepped **veggies** across two lined oven trays. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**.
- Toss **veggies** to coat, then bake until tender, **20-25 minutes**.

3



## Toss the veggies

- To the roasted **veggie** trays, add **baby spinach leaves** and a drizzle of **red wine vinegar** and **olive oil**.
- Gently toss to combine.

2



## Cook the haloumi

- Meanwhile, roughly chop **walnuts**. Set aside.
- Cut **haloumi** into 1cm-thick slices.
- When the veggies have **5 minutes** remaining, heat a large frying pan over 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** and **mixed sesame seeds** and cook, turning **haloumi**, until fragrant and coated, **1 minute**.

4



## Serve up

- Roughly chop **parsley** leaves.
- Divide roast veggie toss between plates. Top with honey and sesame haloumi.
- Sprinkle with walnuts and parsley to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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