



# Lemon Pepper Crumbed Haloumi

with Wedges, Apple Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Haloumi



Lemon



Apple



Parsley



Dijon Mustard



Slaw Mix



Lemon Pepper Spice Blend



Panko Breadcrumbs



Smokey Aioli

Hands-on: 25-35 mins  
Ready in: 40-50 mins

There are plenty of surprises in this meal. With lemon pepper spice blend in the haloumi crumb you get zest, squeak and crunch, while apple in the slaw gives a sweet contrast. You'll be wishing you could have this every night!

### Pantry items

Olive Oil, Plain Flour, Egg

## 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  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
haloumi	1 packet	2 packets
lemon	½	1
apple	½	1
parsley	1 bag	1 bag
Dijon mustard	1 tub (15g)	2 tubs (30g)
slaw mix	1 bag (150g)	1 bag (300g)
lemon pepper spice blend	1 sachet	2 sachets
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
smokey aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3180kJ (760Cal)	609kJ (146Cal)
Protein (g)	31.8g	6.1g
Fat, total (g)	43.0g	8.2g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	59.2g	11.3g
- sugars (g)	13.7g	2.6g
Sodium (g)	1230mg	236mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 1. Cook the potato wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on the oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Place the tray on the top rack and bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time.



### 4. Crumb the haloumi

Pat dry the **haloumi** with paper towel. In a shallow bowl, combine the **lemon pepper spice blend**, **plain flour** and a **good pinch** of **salt** and **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **haloumi** slices into the **flour mixture**, then dip into the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.

**TIP:** Press firmly into the flour mixture to help stick to the haloumi!



### 2. Get prepped

While the wedges are cooking, cut the **haloumi** into **4 steaks** (you should get 2 pieces per person). Place the **haloumi slices** in a small bowl of **cold water** and set aside to soak for **5 minutes**. Zest the **lemon** to get a **good pinch**, then slice into wedges. Finely slice the **apple** (see ingredients list) into matchsticks. Roughly chop the **parsley** leaves.

**TIP:** Soaking the haloumi helps mellow out the saltiness!



### 5. Fry the haloumi

In a medium frying pan, heat a **good drizzle** of **olive oil** to coat the base of the pan over a medium-high heat. When the oil is hot, add the **haloumi** and cook until golden brown, **2 minutes** each side.



### 3. Make the slaw

In a large bowl, combine the **Dijon mustard**, **lemon zest**, a **squeeze** of **lemon juice**, a **drizzle** of **olive oil** and season with a **pinch** of **salt** and **pepper**. Just before serving, add the **apple**, **parsley** and **slaw mix** into the bowl with the dressing.

**TIP:** Toss the slaw just before serving to keep the cabbage crisp.



### 6. Serve up

Divide the lemon pepper crumbed haloumi, wedges, apple slaw and **smokey aioli** between plates. Serve with any remaining lemon wedges.

**Enjoy!**