



# Haloumi & Sweet Potato Tacos

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Brown Onion



Cucumber



Cos Lettuce



Tomato



Mini Flour Tortillas



Creamy Pesto Dressing

Hands-on: 20-30 mins  
Ready in: 25-35 mins

You'll be smiling all the way to the table when you dish up these show-stopping tacos. Fill them with sweet potato wedges, squeaky haloumi, caramelised onion, salad and creamy pesto dressing and enjoy the state of supreme bliss that follows!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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
sweet potato	1	2
haloumi	1 block	2 blocks
brown onion	1	2
cucumber	1	2
cos lettuce	½ head	1 head
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	3 tsp	1 ½ tbs
mini flour tortillas	6	12
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3660kJ (874Cal)	625kJ (149Cal)
Protein (g)	29g	5g
Fat, total (g)	49.4g	8.4g
- saturated (g)	17g	2.9g
Carbohydrate (g)	71.7g	12.2g
- sugars (g)	23.3g	4g
Sodium (mg)	1503mg	257mg

## 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.



## Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**.

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



## Get prepped

While the sweet potato 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 **brown onion**. Slice the **cucumber** into thin batons. Roughly chop the **cos lettuce** (see ingredients) and the **tomato**.

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



## Caramelize the onion

In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and stir well to combine. Cook until dark and sticky, **3-5 minutes**. Season with **salt** and **pepper** and transfer to a small bowl.



## Cook the haloumi

Wash the pan and return to a medium-high heat with a drizzle of **olive oil**. Drain the **haloumi**, pat dry with paper towel and add to the pan. Cook until golden brown, **2 minutes** each side.



## Heat the tortillas

While the haloumi is cooking, heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



## Serve up

Bring everything to the table to serve. Build your tacos by spreading the tortillas with **creamy pesto dressing**, then filling with cos lettuce, roasted sweet potato, haloumi, caramelised onion, cucumber and tomato.

Enjoy!