



Sweet Mustard Crumbed Haloumi

with Roasted Veggie Toss & Pesto Dressing

Grab your Meal Kit with this symbol



Haloumi



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Sweet Mustard Spice Blend



Panko Breadcrumbs



Pepitas



Spinach & Rocket Mix



Creamy Pesto Dressing

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

Take a veggie toss to new heights with this tumble of baby spinach, rocket and roasted veggies. As a special topping, we've coated haloumi in a mild sweet mustard spice blend and fried it for a golden finish. You'll be begging to have this every night!

Pantry items

Olive Oil, Plain Flour, Egg, 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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
haloumi	1 block	2 blocks
beetroot	1	2
red onion	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
plain flour*	1 tbs	2 tbs
sweet mustard spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 packet	2 packets
pepitas	1 packet	2 packets
honey*	1 tsp	2 tsp
balsamic vinegar*	2 tsp	1 tbs
spinach & rocket mix	1 bag (30g)	1 bag (60g)
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3583kJ (856Cal)	588kJ (140Cal)
Protein (g)	35.6g	5.8g
Fat, total (g)	51.9g	8.5g
- saturated (g)	18.1g	3g
Carbohydrate (g)	57.7g	9.5g
- sugars (g)	28.4g	4.7g
Sodium (mg)	1517mg	249mg

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. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Place the **haloumi** in a small bowl of cold water and set aside to soak. Cut the **beetroot** (unpeeled) into 1cm cubes. Cut the **red onion** into 2cm wedges.

TIP: Soaking the haloumi helps mellow out the saltiness.

TIP: Cut the veggies to size so they cook in time.



2. Roast the veggies

Place the **peeled & chopped pumpkin, beetroot and red onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **generous pinch of salt and pepper**. Toss to coat and roast until tender, **25-30 minutes**.

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



3. Crumb the haloumi

While the veggies are roasting, drain the **haloumi** and pat dry with paper towel then cut into 1cm slices. In a shallow bowl, combine the **plain flour, sweet mustard spice blend** and a **good pinch of 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**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.



4. Cook the pepitas & haloumi

When the veggies have **10 minutes** cook time remaining, heat a medium frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** each side. Transfer to a plate lined with paper towel.



5. Bring it all together

In a medium bowl, combine the **honey, balsamic vinegar and olive oil (1 tsp for 2 people / 2 tsp for 4 people)**. Add the **roasted veggies** and the **spinach & rocket mix** and toss to combine.



6. Serve up

Divide the roast veggie toss and sweet mustard crumbed haloumi between plates. Sprinkle with the pepitas and serve with the **creamy pesto dressing**.

Enjoy!