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Za'atar Haloumi Salad with Basil Yoghurt Dressing

The secret to this dish lies in its perfect harmonious balance between sweet and savoury. Haloumi always wins Miss Congeniality on a cheese platter, but the real secret to making it come alive is pairing it with sweet roasted carrots and beetroot. Finish with some fresh basil and you've got a real stunner!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1

Pantry Items



Water



Olive Oil



Pearl Barley



Carrot



Beetroot



Basil



Greek Yoghurt



Haloumi



Za'atar Spice



Rocket Leaves



Chia & Sesame
Salad Topper

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2P	4P	Ingredients
1 packet	2 packets	pearl barley, rinsed well
3 cups	6 cups	water *
1	2	carrot, cut into 1 cm cubes
1	2	beetroot, peeled & chopped into 1 cm cubes
3 tbs	6 tbs	olive oil *
1 bunch	2 bunches	basil, leaves picked & finely chopped
1 tub	2 tubs	Greek yoghurt
1 block	2 blocks	haloumi cheese, cut into 8 slices
1 sachet	2 sachets	za'atar spice
½ bag	1 bag	rocket leaves
1 packet	2 packets	chia & sesame salad topper

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	3710	Kj
Protein	34.8	g
Fat, total	56.9	g
-saturated	21.5	g
Carbohydrate	51.7	g
-sugars	12.3	g
Sodium	1420	mg



You will need: chef's knife, chopping board, sieve, vegetable peeler, large saucepan, oven tray lined with baking paper, two small bowls, medium frying pan and tongs.

1 Preheat oven to **200°C/180°C** fan-forced.

2 Add the **pearl barley** and the **water** to a large saucepan of lightly salted water. Bring to the boil. Cook, stirring occasionally, for **30 minutes**, or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain. Set aside.

3 Meanwhile, add the **carrot**, **beetroot** and 1/3 of the **olive oil** to the prepared oven tray. Season with **salt** and **pepper** and toss to coat. Bake for **20-25 minutes**, or until softened and lightly golden.

4 Meanwhile, combine the **basil** (reserve a few leaves for garnish), **Greek yoghurt** and another 1/3 of the olive oil in a small bowl. Season with salt and pepper.

5 Pat dry the **haloumi cheese** slices and toss in a bowl with the remaining olive oil and the **za'atar spice**. Heat a medium frying pan over a medium-high heat and cook the haloumi for **1-2 minutes** on each side, or until golden.

6 In a large bowl, combine the pearl barley, carrot, beetroot and **rocket leaves**. Drizzle with the remaining olive oil and toss to combine.

7 To serve, divide the pearl barley salad between bowls and top with the za'atar halloumi. Garnish with the remaining basil leaves.

Tip: for a delicious crunch and extra health kick, sprinkle over the **chia & sesame salad topper**. Enjoy!

