



# Apricot-Glazed Haloumi & Mumbai Veggie Toss

with Garlic Yoghurt & Almonds

Grab your Meal Kit with this symbol



Potato



White Turnip



Onion



Mumbai Spice Blend



Cucumber



Garlic



Haloumi/  
Grill Cheese



Greek-Style  
Yoghurt



Mild North  
Indian Spice Blend



Apricot Sauce



Flaked Almonds



Baby Spinach  
Leaves



Diced Chicken

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

Eat Me Early\*  
\*Custom Recipe only

Calorie Smart\*  
\*Custom Recipe is  
not Calorie Smart

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi coated in apricot sauce meets roasted vegetables tossed with Mumbai-style spices, and there's a tangy yoghurt dressing to finish it off.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
white turnip	1	2
onion	1 (medium)	1 (large)
Mumbai spice blend	1 sachet	2 sachets
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
haloumi/grill cheese	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
mild North Indian spice blend	½ sachet	1 sachet
apricot sauce	½ packet	1 packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
diced chicken**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2659kJ (636Cal)	423kJ (101Cal)
Protein (g)	35.3g	5.6g
Fat, total (g)	30.7g	4.9g
- saturated (g)	18.6g	3g
Carbohydrate (g)	55.3g	8.8g
- sugars (g)	16g	2.5g
Sodium (mg)	1541mg	245mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3316kJ (793Cal)	426kJ (102Cal)
Protein (g)	68.8g	8.8g
Fat, total (g)	33.1g	4.2g
- saturated (g)	19.3g	2.5g
Carbohydrate (g)	55.3g	7.1g
- sugars (g)	16g	2.1g
Sodium (mg)	1603mg	206mg

The quantities provided above are averages only.

## Allergens

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

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

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **white turnip** into bite-sized chunks. Slice **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Mumbai spice blend**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- In the last **2-3 minutes** of cook time, add **flaked almonds** to one side of the tray and roast until golden. Set tray of veggies aside to cool slightly.

4



## Cook the haloumi

- In a medium bowl, combine **haloumi**, **mild North Indian spice blend** (see ingredients) and a drizzle of **olive oil**.
- When veggies have **5 minutes** cook time remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**. Remove pan from heat, then add **apricot sauce** and a splash of **water**, tossing to coat.

**Custom Recipe:** If you've added diced chicken, cook chicken before haloumi, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into rounds. Finely chop **garlic**. Cut **haloumi** into 1cm chunks.

5



## Bring it all together

- In a large bowl, combine **roasted veggies**, **flaked almonds**, **cucumber**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**.

3



## Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.

6



## Serve up

- Divide Mumbai veggie toss between plates. Top with apricot-glazed haloumi.
- Spoon over any remaining glaze from the pan and serve with garlic yoghurt. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)