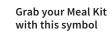


Onion Chutney-Glazed Haloumi with Herby Roasted Veggies & Garlic Yoghurt

NEW











Herb & Mushroom Seasoning







Haloumi/



Yoghurt

Grill Cheese





Onion Chutney

Baby Spinach Leaves



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



An onion chutney is truly an all-rounder. It can go with anything, so why not try it with squeaky haloumi? It's going to blow your mind with the sweet and sticky tastes on top of roast veggie toss. It's another win for onion chutney!

Olive Oil, Balsamic Vinegar

Pantry items

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
onion	1 (medium)	1 (large)		
herb & mushroom seasoning	1 sachet	2 sachets		
lemon	1/2	1		
garlic	2 cloves	4 cloves		
haloumi/grill cheese	1 packet	2 packets		
Greek-style yoghurt	1 medium packet	1 large packet		
onion chutney	1 packet (40g)	1 packet (80g)		
balsamic vinegar*	1 tsp	2 tsp		
baby spinach leaves	1 medium bag	1 large bag		
diced chicken**	1 packet	1 packet		
and the second second				

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2698kJ (645Cal)	483kJ (115Cal)
Protein (g)	32.1g	5.8g
Fat, total (g)	33g	5.9g
- saturated (g)	18.8g	3.4g
Carbohydrate (g)	58.4g	10.5g
- sugars (g)	25.4g	4.6g
Sodium (mg)	1582mg	283mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3355kJ (802Cal)	474kJ (113Cal)
Protein (g)	65.5g	9.2g
Fat, total (g)	35.4g	5g
- saturated (g)	19.6g	2.8g
Carbohydrate (g)	58.4g	8.2g
- sugars (g)	25.4g	3.6g
Sodium (mg)	1643mg	232mg

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 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

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Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato and carrot into bite-sized chunks.
 Cut onion into wedges.
- Place veggies on a lined oven tray. Drizzle with olive oil, sprinkle with herb & mushroom seasoning, season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, slice lemon into wedges. Finely chop garlic.
- · Cut haloumi into 1cm-thick slices.



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.



Cook the haloumi

- When the veggies have 5 minutes remaining, return the frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.
- Remove pan from heat, then add onion chutney, the balsamic vinegar and a splash of water, turning haloumi to coat.

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



Bring it all together

- When the roasted veggies are done, remove tray from oven, then add baby spinach leaves, a generous squeeze of lemon juice and a drizzle of olive oil.
- · Gently toss to combine.



Serve up

- Divide herby roasted veggies between plates.
- Top with onion chutney-glazed haloumi and drizzle over garlic yoghurt.
- · Serve with any remaining lemon wedges. Enjoy!



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