



Onion Chutney-Glazed Haloumi

with Herby Roasted Veggies & Garlic Yoghurt

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Herb & Mushroom Seasoning



Lemon



Garlic



Haloumi/ Grill Cheese



Greek-Style Yoghurt



Onion Chutney



Baby Spinach Leaves



Diced Chicken

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

Calorie Smart^
^Custom Recipe is not Calorie Smart

Eat Me Early*
*Custom Recipe only

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!

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

Pantry items

Olive Oil, Balsamic 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
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	½	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

*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

2023 | CW37



1



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.

4



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.

2



Get prepped

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

5



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.

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

Rate your recipe

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