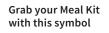


Honey Haloumi & Garlic Cauliflower Toss

with Almonds & Dill-Parsley Mayo

MEAT-FREE MARVELS

CLIMATE SUPERSTAR













Beetroot



Cauliflower



Garlic & Herb



Seasoning





Haloumi/



Baby Spinach

Leaves

Grill Cheese



Dill & Parsley Mayonnaise



Recipe Update

Unfortunately, this week's pumpkin was in short supply, so we've replaced it with cauliflower. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins Ready in: 35-45 mins Balance your weekly menu with our wholesome, veggie-filled meat-free marvels. Sweet honey comes together in a glaze for squeaky haloumi that really takes it the next level. Along with a medley of colourful veggies, this is the one to watch.

Pantry items

Olive Oil, Honey, 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		
onion	1 (medium)	1 (large)		
potato	2	4		
beetroot	1	2		
cauliflower	1 portion (200g)	1 portion (400g)		
garlic & herb seasoning	1 sachet	1 sachet		
flaked almonds	1 packet	2 packets		
haloumi/ grill cheese	1 packet	2 packets		
honey*	1 tsp	2 tsp		
baby spinach leaves	1 medium bag	1 large bag		
balsamic vinegar*	drizzle	drizzle		
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)		
haloumi/ grill cheese**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3300kJ (789Cal)	532kJ (127Cal)
Protein (g)	33g	5.3g
Fat, total (g)	46.1g	7.4g
- saturated (g)	18.8g	3g
Carbohydrate (g)	59.7g	9.6g
- sugars (g)	30.1g	4.9g
Sodium (mg)	1630mg	263mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4629kJ (1106Cal)	643kJ (154Cal)
Protein (g)	55g	7.6g
Fat, total (g)	71.1g	9.9g
- saturated (g)	35.4g	4.9g
Carbohydrate (g)	61.5g	8.5g
- sugars (g)	31.4g	4.4g
Sodium (mg)	2630mg	365mg

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 | CW40

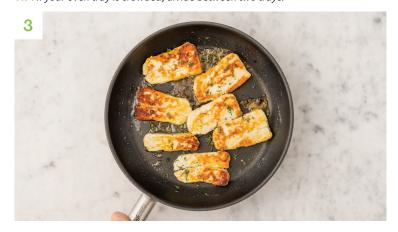




Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice onion into wedges. Cut potato into bite-sized chunks. Cut beetroot into small chunks. Cut cauliflower into small florets.
- Place onion, potato, beetroot and cauliflower on a lined oven tray.
 Sprinkle over garlic & herb seasoning, drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then roast until tender,
 20-25 minutes.
- In the last 5 minutes, add flaked almonds to one side of the tray and roast until golden. Transfer almonds to a bowl and set aside.

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



Cook the haloumi

- When the veggies have 5 minutes remaining, heat a large frying over medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.
- Add the honey and cook until fragrant and sticky, 1 minute. Remove pan from heat.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best results. Return all haloumi to the pan before adding the honey.



Get prepped

• While the veggies are roasting, cut **haloumi** into 1cm-thick slices.



Serve up

- When veggies are done, add baby spinach leaves and a drizzle of balsamic vinegar and olive oil to the tray. Season and toss to coat.
- Divide roasted cauliflower toss between bowls. Top with honey haloumi.
- Dollop over dill & parsley mayonnaise. Sprinkle over toasted almonds to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate