



Honey Haloumi & Garlic Cauliflower Toss

with Almonds & Dill-Parsley Mayo

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Potato



Beetroot



Cauliflower



Garlic & Herb Seasoning



Flaked Almonds



Haloumi/Grill Cheese



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Haloumi/Grill Cheese

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.

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

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

1



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.

3



Cook the haloumi

- When the veggies have **5 minutes** remaining, heat a large frying pan 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.

2



Get prepped

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

4



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?

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