



Haloumi & Avocado Cos Salad

with Jammy Eggs, Mustard Dressing & Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cucumber



Cos Lettuce



Avocado



Haloumi/
Grill Cheese



Flaked Almonds



Dijon Mustard



Garlic Aioli



Diced Bacon

Prep in: 10-20 mins
Ready in: 20-30 mins

Don't worry this is nothing like your garden variety salad - this one has flavour popping like fireworks. Salty and squeaky haloumi next to a soft boiled egg all wrapped up in a cos lettuce salad sure sounds like an exciting take on a salad - but we'll let you try it for yourself.

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

Pantry items

Olive Oil, Eggs, Honey, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggs*	2	4
cucumber	1 (medium)	1 (large)
cos lettuce	1 head	2 heads
avocado	1	1
haloumi/ grill cheese	1 packet	2 packets
flaked almonds	1 packet	2 packets
honey*	1 tsp	2 tsp
dijon mustard	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (749Cal)	710kJ (169Cal)
Protein (g)	34.7g	7.9g
Fat, total (g)	62.9g	14.2g
- saturated (g)	22.1g	5g
Carbohydrate (g)	10.3g	2.3g
- sugars (g)	8.4g	1.9g
Sodium (mg)	1457mg	330mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3721kJ (889Cal)	757kJ (180Cal)
Protein (g)	42.6g	8.7g
Fat, total (g)	75g	15.3g
- saturated (g)	26.5g	5.4g
Carbohydrate (g)	10.3g	2.1g
- sugars (g)	8.4g	1.7g
Sodium (mg)	1856mg	377mg

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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1



Boil the eggs

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **eggs** in boiling water until soft boiled, **8 minutes**. Drain and cool in cold water.

3



Cook the haloumi

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.
- 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, add the **honey** and turn **haloumi** to coat.

Custom Recipe: If you've added diced bacon, cook it before the haloumi. Return frying pan to medium-high heat with a drizzle of olive oil. Cook bacon, breaking up with a spoon, until golden, 3-5 minutes. Add the haloumi and continue with step.

2



Get prepped

- Meanwhile, slice **cucumber** into half-moons. Roughly chop **cos lettuce**. Slice **avocado** in half, scoop out flesh and roughly chop.
- Cut **haloumi** into 1cm slices.

4



Serve up

- Peel shells from eggs, then cut eggs into quarters.
- In a large bowl, combine **dijon mustard**, **garlic aioli** and a drizzle of **white wine vinegar** and olive oil. Add cos lettuce, avocado and cucumber to the dressing. Toss to combine and season to taste.
- Divide cos salad between bowls.
- Top with haloumi, jammy eggs and almonds. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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