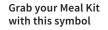


Greek-Style Sesame Haloumi & Roast Veggies

with Honey & Oregano

EXPLORER

CLIMATE SUPERSTAR











Cauliflower



Garlic & Herb



Haloumi/Grill

Seasoning

Cheese



Sesame Seeds



Dried Oregano





Salad Leaves





Herbs

Recipe Update Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!



Prep in: 15-25 mins Ready in: 30-40 mins

Calorie Smart* *Custom Recipe is not Calorie Smart Enjoy the delights of the Mediterranean with this dazzling salad, featuring Greek salad cheese crusted with oregano, then coated in sticky honey, plus a hearty addition of herby roasted veggies. Once people get a whiff of this herby wonder, it's a scramble for the biggest bowl available.

Pantry items Olive Oil, Honey

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

2 People	4 People
refer to method	refer to method
1	2
1	2
1 (medium)	1 (large)
1 portion (400g)	2 portions (800g)
1 sachet	1 sachet
1 packet	2 packets
1 sachet	1 sachet
1 tbs	2 tbs
½ sachet	1 sachet
1 small bag	1 medium bag
1 packet	2 packets
½ bag	1 bag
1 packet	2 packets
	refer to method 1 1 1 (medium) 1 portion (400g) 1 sachet 1 packet 1 sachet 1 tbs ½ sachet 1 small bag 1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (576Cal)	402kJ (96Cal)
Protein (g)	30.9g	5.2g
Fat, total (g)	30.8g	5.1g
- saturated (g)	17.4g	2.9g
Carbohydrate (g)	46.3g	7.7g
- sugars (g)	36.6g	6.1g
Sodium (mg)	1624mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3737kJ (893Cal)	535kJ (128Cal)
Protein (g)	52.9g	7.6g
Fat, total (g)	55.8g	8g
- saturated (g)	34g	4.9g
Carbohydrate (g)	48.1g	6.9g
- sugars (g)	37.8g	5.4g
Sodium (mg)	2624mg	376mg

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut turnip and capsicum into bite-sized chunks. Slice onion into wedges. Chop cauliflower (including stalk!) into small florets.
- Spread cauliflower, turnip, capsicum and onion over two lined oven trays.
- · Add garlic & herb seasoning, drizzle with olive oil and season with salt and pepper. Toss to coat, then roast until tender, 20-25 minutes.

TIP: Cut the veggies to size so they cook in time.



Get prepped

- While the veggies are roasting. Cut haloumi into 1cm slices.
- Heat a large frying pan over medium-high heat. Toast sesame seeds, tossing, until golden, **3-4 minutes**. Transfer to a bowl and set aside.



Cook the haloumi

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook haloumi, until golden brown, 1-2 minutes each side.
- Add the honey, oregano (see ingredients) and toasted sesame seeds to the pan, gently turning haloumi to coat, 1 minute.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best result. Return all haloumi to the pan before adding the honey, oregano (see ingredients) and toasted sesame seeds as above.



Serve up

- In a large bowl, combine roasted veggies, salad leaves and balsamic & olive oil dressing. Season to taste.
- Divide roasted veggies between plates. Top with Greek-style sesame haloumi. Tear over **herbs** to serve. Enjoy!