



Greek-Style Sesame Haloumi & Roast Veggies

with Honey & Oregano

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



White Turnip



Capsicum



Onion



Cauliflower



Garlic & Herb Seasoning



Haloumi/Grill Cheese



Sesame Seeds



Dried Oregano



Salad Leaves



Balsamic & Olive Oil Dressing



Herbs



Haloumi/Grill Cheese

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.

CUSTOM RECIPE

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

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
olive oil*	refer to method	refer to method
white turnip	1	2
capsicum	1	2
onion	1 (medium)	1 (large)
cauliflower	1 portion (400g)	2 portions (800g)
garlic & herb seasoning	1 sachet	1 sachet
haloumi/grill cheese	1 packet	2 packets
sesame seeds	1 sachet	1 sachet
honey*	1 tbs	2 tbs
dried oregano	½ sachet	1 sachet
salad leaves	1 small bag	1 medium bag
balsamic & olive oil dressing	1 packet	2 packets
herbs	½ bag	1 bag
haloumi/grill cheese**	1 packet	2 packets

*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

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1



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.

3



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.

2



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.

4



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!

Rate your recipe

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