



Honey-Glazed Haloumi & Roast Veggie Salad

with Garlic Aioli & Flaked Almonds

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Onion



Aussie Spice Blend



Flaked Almonds



Mediterranean Haloumi



Baby Spinach Leaves



Garlic Aioli



Mediterranean Haloumi

Prep in: 20-30 mins
Ready in: 30-40 mins

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful Mediterranean haloumi meets roasted vegetables tossed with mild spices, and there's a tangy aioli and toasted almonds to finish it off.

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

Pantry items

Olive Oil, Honey, Butter

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
potato	2	4
cauliflower	1 medium portion	1 large portion
carrot	1	2
onion	½	1
Aussie spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
Mediterranean haloumi	1 packet	2 packets
honey*	1 tsp	2 tsp
butter*	10g	20g
baby spinach leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
Mediterranean haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	483kJ (115Cal)
Protein (g)	32g	5.5g
Fat, total (g)	38.4g	6.6g
- saturated (g)	17.8g	3.1g
Carbohydrate (g)	50.6g	8.8g
- sugars (g)	27.8g	4.8g
Sodium (mg)	1765mg	306mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4121kJ (984Cal)	608kJ (145Cal)
Protein (g)	54g	8g
Fat, total (g)	63.4g	9.4g
- saturated (g)	34.5g	5.1g
Carbohydrate (g)	52.4g	7.7g
- sugars (g)	29g	4.3g
Sodium (mg)	2765mg	408mg

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.

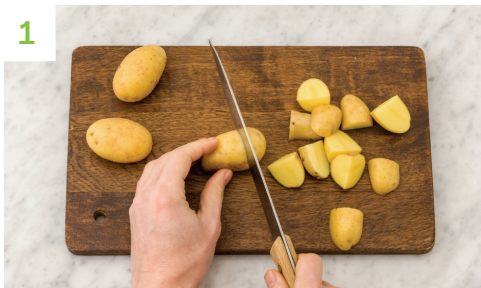
We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets. Cut **carrot** into thick rounds. Slice **onion** (see ingredients) into wedges.

4



Cook the haloumi

- When the veggies have **5 minutes** cook time remaining, cut **Mediterranean haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, pat **haloumi** dry with paper towel and cook until golden brown, **1-2 minutes** each side.
- Remove the pan from heat, then add the **honey** and **butter**, turning **haloumi** to coat.

Custom Recipe: If you've doubled your Mediterranean haloumi, cook in batches for best results. Return all haloumi to pan before adding honey and butter. Continue with recipe.

2



Roast the veggies

- Divide **potato, cauliflower, carrot, onion** and **Aussie spice blend** between two lined oven trays.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

5



Toss the veggies

- When the veggies are done, add **baby spinach leaves** to the trays and gently toss to combine.

3



Toast the almonds

- Heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.

6



Serve up

- Divide roast veggie salad between plates. Top with honey-glazed haloumi.
- Dollop over **garlic aioli** and sprinkle with toasted almonds to serve. Enjoy!

Rate your recipe

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