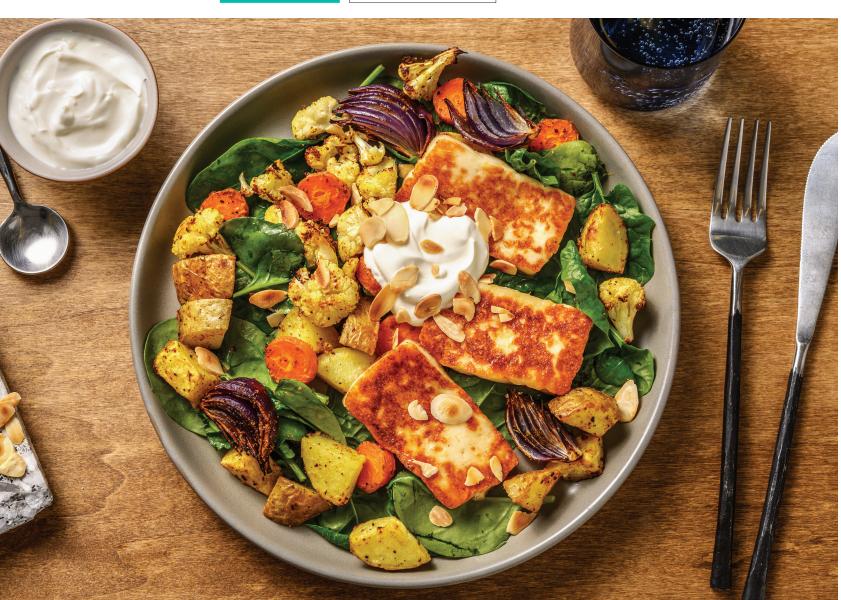


Honey Haloumi & Roast Veggie Salad with Garlic Aioli & Flaked Almonds

SUMMER SALADS

CLIMATE SUPERSTAR





Grab your Meal Kit with this symbol









Carrot







Aussie Spice Blend

Flaked Almonds





Haloumi/ Grill Cheese

Baby Leaves



Garlic Aioli

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 haloumi meets roasted vegetables tossed with mild spices, and there's a tangy aioli and toasted almonds to finish it off.

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 \cdot Large frying pan

Ingredients

9		
	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	1/2	1
Aussie spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
haloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
haloumi/grill cheese**	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 (985Cal)	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.





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.



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.



Toast the almonds

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



Cook the haloumi

- When the veggies have 5 minutes cook time remaining, cut 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 turn haloumi to coat.

Custom Recipe: If you've doubled your haloumi, cook in batches for best results. Return all haloumi to pan, then add the honey, turning to coat.



Toss the veggies

 When the veggies are done, add baby leaves to the tray and gently toss to combine.



Serve up

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

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