



# Honey Haloumi & Roast Veggie Salad

with Garlic Aioli & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Onion



Aussie Spice Blend



Flaked Almonds



Haloumi/Grill Cheese



Baby Leaves



Garlic Aioli



Haloumi/Grill Cheese

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.

**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
<b>olive oil*</b>	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
haloumi/grill cheese	1 packet	2 packets
<b>honey*</b>	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](https://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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## 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.



## 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.



## 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**.



## Toss the veggies

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



## Toast the almonds

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



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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