



# Honey Haloumi & Creamy Roast Veggie Salad

with Roasted Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Potato



White Turnip



Leek



Aussie Spice Blend



Haloumi/Grill Cheese



Mixed Salad Leaves



Creamy Pesto Dressing



Parsley



Roasted Almonds



Chicken Breast

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

Eat Me Early\*  
\*Custom Recipe only

A little salty and squeaky, with a touch of tang, we're big haloumi fans - especially when it's teamed with sweet roasted veggies. Dress the salad with creamy pesto dressing and top with crunchy almonds for the best balance of flavours and textures. Don't forget the herb garnish, it really makes everything sing!

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

### Pantry items

Olive Oil, Honey, White Wine Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	2	4
white turnip	1	2
leek	1	2
Aussie spice blend	1 medium sachet	1 large sachet
haloumi/grill cheese	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
creamy pesto dressing	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
parsley	1 packet	1 packet
roasted almonds	1 packet	2 packets
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2934kJ (701Cal)	512kJ (122Cal)
Protein (g)	33.8g	5.9g
Fat, total (g)	40.3g	7g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	50.5g	8.8g
- sugars (g)	27.7g	4.8g
Sodium (mg)	1734mg	303mg
Dietary Fibre (g)	10.1g	1.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2377kJ (568Cal)	365kJ (87Cal)
Protein (g)	50.7g	7.8g
Fat, total (g)	18.6g	2.9g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	49.8g	7.7g
- sugars (g)	26.6g	4.1g
Sodium (mg)	869mg	134mg
Dietary fibre (g)	9.8g	1.5g

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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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into thick rounds. Cut **potato** and **white turnip** into bite-sized chunks. Thickly slice **leek**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide between two trays!

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## Bring it all together

- Meanwhile, combine **mixed salad leaves**, **roasted veggies**, **creamy pesto dressing** and a drizzle of **white wine vinegar** in a large bowl. Season with **salt** and **pepper**.

2



## Cook the haloumi

- When the veggies have **5 minutes** cook time remaining, cut **haloumi** into 1cm-thick slices.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Remove pan from heat, then add the **honey**, turning **haloumi** to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Heat frying pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-5 minutes each side (cook in batches if your pan is getting crowded). Add honey as above and continue with recipe.

4



## Serve up

- Roughly chop **parsley**.
- Divide creamy roast veggie salad between bowls. Top with honey haloumi, parsley and **roasted almonds** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)