



# Honey Haloumi & Turkish-Style Fattoush Salad

with Radish & Garlic Dip

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Tomato



Cucumber



Radish



Haloumi/Grill Cheese



Cos Lettuce



Turkish Sumac Seasoning



Garlic Dip



Parsley



Mint



Haloumi Grill Cheese

Prep in: 15-25 mins  
Ready in: 20-30 mins

This salad sensation will take you on a culinary adventure straight to the heart of the Middle East! Crunchy veggies, crispy tortilla chips and golden haloumi kissed by a drizzle of sticky honey all come together for a fresh and flavourful meal.

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

### Pantry items

Olive Oil, Honey, Balsamic 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
mini flour tortillas	3	6
tomato	1	2
cucumber	1 (medium)	1 (large)
radish	2	4
haloumi/grill cheese	1 packet	2 packets
cos lettuce	½ head	1 head
<b>honey*</b>	1 tsp	2 tsp
Turkish sumac seasoning	½ sachet	1 sachet
<b>balsamic vinegar*</b>	drizzle	drizzle
garlic dip	1 medium packet	1 large packet
parsley	1 packet	1 packet
mint	1 packet	1 packet
haloumi/grill cheese**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3290kJ (786Cal)	589kJ (141Cal)
Protein (g)	32.6g	5.8g
Fat, total (g)	48.9g	8.7g
- saturated (g)	21.5g	3.8g
Carbohydrate (g)	48.9g	8.7g
- sugars (g)	12.5g	2.2g
Sodium (mg)	1784mg	319mg
Dietary Fibre (g)	12.4g	2.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4619kJ (1104Cal)	701kJ (168Cal)
Protein (g)	54.6g	8.3g
Fat, total (g)	73.9g	11.2g
- saturated (g)	38.1g	5.8g
Carbohydrate (g)	50.6g	7.7g
- sugars (g)	13.8g	2.1g
Sodium (mg)	2784mg	422mg
Dietary fibre	12.6g	1.9g

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

2024 | CW19



1



## Bake tortilla chips

- Preheat oven to **200°C/180°C fan-forced**.
- Slice **mini flour tortillas** into quarters. Place on a lined oven tray (don't worry if they overlap). Toss with **olive oil** and season with **salt**.
- Bake until lightly golden and crispy, **8-10 minutes**.

3



## Cook Halloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **haloumi** and cook until golden brown, **1-2 minutes** each side.
- Remove pan from the heat, add the **honey** and turn **haloumi** to coat.
- In a large bowl, combine cos lettuce, tomato, cucumber, radish, tortilla chips, **Turkish sumac seasoning** (see ingredients), a drizzle of olive oil and **balsamic vinegar**. Season to taste.

**Custom Recipe:** If you've doubled your haloumi, cook in batches for best result. Return all haloumi to pan before adding honey.

2



## Get prepped

- While tortilla chips are baking, roughly chop **tomato** and **cucumber**.
- Finely slice **radish**. Cut **haloumi** into 1cm slices. Roughly chop **cos lettuce** (see ingredients).

4



## Serve up

- Divide Middle Eastern fattoush salad between bowls, top with honey-glazed halloumi and serve with **garlic dip**.
- Tear over **parsley** and **mint**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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