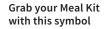


# Honey Haloumi & Turkish-Style Fattoush Salad

with Radish & Garlic Dip

**NEW** 

**CLIMATE SUPERSTAR** 









Tortillas





Radish

Cucumber





Haloumi/Grill Cheese

Cos Lettuce





Garlic Dip

Turkish Sumac Seasoning







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.

**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

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	2 People	4 People		
olive oil*	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		
honey*	1 tsp	2 tsp		
Turkish sumac seasoning	½ sachet	1 sachet		
balsamic vinegar*	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 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



- 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.



# 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).



#### 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.



# Serve up

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



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