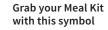


Honey-Thyme Haloumi & Garlicky Root Veggies with Almonds & Dill-Parsley Mayo

CLIMATE SUPERSTAR











Potato





Garlic & Herb Seasoning



Peeled Pumpkin



Flaked Almonds

Pieces

Haloumi/Grill



Cheese





Baby Leaves



Dill & Parsley Mayonnaise





Prep in: 15-25 mins Ready in: 35-45 mins

Eat Me Early* *Custom Recipe only If you're looking for a new veggie dinner, then look no further than this bowl of herby roast veggies and sweet honey glazed haloumi. Along with a medley of colourful veggies, roasted in our fragrant garlic and herb seasoning, this is the one to watch. **Pantry items**

Olive Oil, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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		
olive oil*	refer to method	refer to method		
onion	1/2	1		
potato	2	4		
beetroot	1	2		
garlic & herb seasoning	1 medium sachet	1 large sachet		
peeled pumpkin pieces	1 small packet	1 medium packet		
flaked almonds	1 packet	2 packets		
haloumi/grill cheese	1 packet	2 packets		
thyme	1 packet	1 packet		
honey*	1 tsp	2 tsp		
baby leaves	1 medium packet	1 large packet		
balsamic vinegar*	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
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)	3411kJ (815Cal)	507kJ (121Cal)
Protein (g)	33.6g	5g
Fat, total (g)	46.2g	6.9g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	65.9g	9.8g
- sugars (g)	34.1g	5.1g
Sodium (mg)	1633mg	243mg
Dietary Fibre (g)	13.3g	2g
0		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4182kJ (1000Cal)	492kJ (118Cal)
Protein (g)	72.6g	8.5g
Fat, total (g)	49.4g	5.8g
- saturated (g)	19.8g	2.3g
Carbohydrate (g)	66.9g	7.9g
- sugars (g)	34.3g	4g
Sodium (mg)	1768mg	208mg
Dietary fibre	13.3g	1.6g

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







Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice onion (see ingredients) into wedges. Cut potato into bite-sized chunks. Cut beetroot into small chunks.
- Place onion, potato and beetroot on a lined oven tray. Sprinkle over garlic & herb seasoning, drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.
- In the last 15 minutes of cook time, add peeled pumpkin pieces to the tray and roast until tender.
- In the last 5 minutes, add flaked almonds to one side of the tray and roast until golden.



Cook the haloumi

- When the veggies have 5 minutes remaining, heat a large frying over medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.
- Add the honey and thyme, then cook until fragrant and sticky, 1 minute.
 Remove pan from heat.

Custom Recipe: Before cooking haloumi, heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a plate.



Get prepped

 While the veggies are roasting, cut haloumi into 1cm-thick slices. Pick thyme leaves.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Serve up

- When veggies are done, add baby leaves and a drizzle of balsamic vinegar and olive oil to the tray. Season and toss to coat.
- Divide roasted veggie toss between bowls. Top with honey-thyme haloumi.
- Dollop over dill & parsley mayonnaise sprinkle with almonds to serve. Enjoy!

Custom Recipe: Top with honey-thyme haloumi and chicken.

Rate your recipe

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