

Honey-Thyme Haloumi & Garlicky Root Veggies

with Almonds & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Potato



Beetroot



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Flaked Almonds



Haloumi/Grill Cheese



Thyme



Baby Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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.

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 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	½	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

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

2024 | CW23



1



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.

3



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.

2



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.

4



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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