with Cucumber Salad & Garlic Aioli

CLIMATE SUPERSTAR











Brown Mustard



Seeds



Carrot



Haloumi/Grill



Sweet Chilli



Mixed Salad Leaves

Sauce



Crushed Roasted Cashews



Garlic Aioli





Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
potato	2	4
Mumbai spice blend	1 medium sachet	2 medium ssachets
brown mustard seeds	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
carrot	1/2	1
haloumi/grill cheese	1 packet	2 packets
sweet chilli sauce	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
crushed roasted cashews	1 medium packet	2 medium packets
garlic aioli	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3151kJ (753Cal)	579kJ (138Cal)
Protein (g)	32.1g	5.9g
Fat, total (g)	44.8g	8.2g
- saturated (g)	19.4g	3.6g
Carbohydrate (g)	58.5g	10.7g
- sugars (g)	31.8g	5.8g
Sodium (mg)	1614mg	297mg
Dietary Fibre (g)	8.7g	1.6g

The quantities provided above are averages only.

Allergens

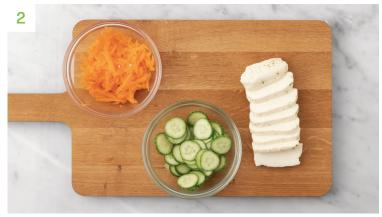
Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potato

- Preheat oven to 240°C/220°C fan-forced. Cut potato into bite-sized chunks.
 Place potato, Mumbai spice blend and brown mustard seeds on a lined oven tray. Drizzle with olive oil, toss to coat and spread out evenly.
- Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, thinly slice cucumber. Grate carrot (see ingredients).
- · Cut haloumi into 1cm slices.



Cook the haloumi

- When the potato has 5 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook haloumi, until golden brown, 1-2 minutes each side.
- Remove pan from heat, then add sweet chilli sauce, turning haloumi to coat.



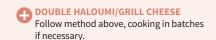
Serve up

- In a large bowl, combine mixed salad leaves, cucumber, carrot and a drizzle
 of white wine vinegar and olive oil. Season.
- Divide sweet chilli-glazed haloumi, Bombay potatoes and cucumber salad between plates.
- Sprinkle over crushed roasted cashews and serve with a dollop of garlic aioli. Enjoy!









If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

