

Sticky Haloumi & Root Veggie Medley

with Almonds & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

19



Onion



Potato



Beetroot



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Flaked Almonds



Haloumi/Grill Cheese



Thyme



Baby Leaves



Dill & Parsley Mayonnaise



Haloumi/Grill Cheese



Chicken Breast

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

Sweet honey comes together in a glaze for squeaky haloumi that really takes it the next level. Add a touch of fragrance with thyme and a herby mayo to make your mouth water. Along with a medley of colourful veggies, 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 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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (817Cal)	504kJ (120Cal)
Protein (g)	33.7g	5g
Fat, total (g)	46.2g	6.8g
- saturated (g)	18.8g	2.8g
Carbohydrate (g)	66g	9.7g
- sugars (g)	34.3g	5.1g
Sodium (mg)	1634mg	241mg
Dietary Fibre (g)	14g	2.1g

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.

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, beetroot** and **peeled pumpkin pieces** 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 5 minutes**, add **flaked almonds** to one side of the tray and roast until golden.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the haloumi

- When the veggies have **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.
- Add the **honey** and **thyme**, then cook until sticky, **1 minute**. Remove pan from heat.

CUSTOM OPTIONS



DOUBLE HALOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

2



Get prepped

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

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 root veggie medley between bowls. Top with sticky haloumi. Dollop over **dill & parsley mayonnaise**. Sprinkle over almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



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

