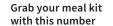


# Sticky Haloumi & Root Veggie Medley with Almonds & Dill-Parsley Mayo

CLIMATE SUPERSTAR











Potato



Beetroot



Seasoning



Peeled Pumpkin Pieces



Flaked Almonds



Haloumi/Grill







**Baby Leaves** 

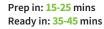


Thyme

Dill & Parsley Mayonnaise







## 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

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	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	

<sup>\*</sup>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.



# 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.



#### 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 sticky, 1 minute. Remove pan from heat.



## Get prepped

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



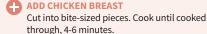
## Serve up

- 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!









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

