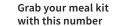
Sticky Haloumi & Spiced Potatoes with Garden Salad & Roasted Cashews

CLIMATE SUPERSTAR











Brown Mustard



Seeds





Haloumi/Grill

Cucumber

Carrot



Sweet Chilli



Leaves

Sauce



Crushed Roasted Cashews









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

olive oil* 2 People 4 People olive oil* refer to method refer to method potato 2 4 Mumbai spice blend 1 medium sachet 2 medium sachets brown mustard seeds 1 medium sachet 1 large sachet cucumber 1 (medium) 1 (large) carrot ½ 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			
potato 2 4 Mumbai spice blend 1 medium sachet 2 medium sachets brown mustard seeds 1 large sachet cucumber 1 (medium) 1 (large) carrot ½ 1 haloumi/grill cheese 1 packet 2 packets sweet chilli sauce mixed salad leaves 1 medium packet 1 large packet white wine vinegar' crushed roasted cashews 1 medium packet 2 medium packets 2 medium packets 2 medium packets		2 People	4 People
Mumbai spice blend 1 medium sachet 2 medium sachets brown mustard seeds 1 medium sachet 1 large sachet cucumber 1 (medium) 1 (large) 1 landoumi/grill cheese 1 packet 2 packets sweet chilli sauce mixed salad leaves 1 medium packet 1 large packet white wine wine yarder crushed roasted cashews 1 medium packet 2 medium packet 2 medium packet 2 medium packets	olive oil*	refer to method	refer to method
blend 1 medium sachet 2 medium sachets brown mustard seeds 1 medium sachet 1 large sachet cucumber 1 (medium) 1 (large) 1 landoumi/grill cheese 1 packet 2 packets sweet chilli sauce mixed salad leaves 1 medium packet 1 large packet white wine winegar' crushed roasted cashews 1 medium packet 2 medium packets 2 medium packets	potato	2	4
seeds 1 medium sachet 1 large sachet cucumber 1 (medium) 1 (large) carrot ½ 1 haloumi/grill cheese sweet chilli sauce 1 medium packet 1 large packet mixed salad leaves white wine vinegar* crushed roasted cashews 1 medium packet 2 medium packet 2 medium packet 2 medium packet 2 medium packets		1 medium sachet	2 medium sachets
carrot ½ 1 haloumi/grill cheese 1 packet 2 packets sweet chilli sauce mixed salad leaves 1 medium packet 1 large packet mixed salad leaves drizzle drizzle vinegar' crushed roasted cashews 1 medium packet 2 medium packets		1 medium sachet	1 large sachet
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	cucumber	1 (medium)	1 (large)
cheese sweet chilli sauce 1 medium packet 1 large packet mixed salad leaves 1 medium packet 1 large packet white wine wine gar' crushed roasted cashews 1 medium packet 2 medium packets	carrot	1/2	1
mixed salad leaves 1 medium packet 1 large packet white wine vinegar* drizzle drizzle crushed roasted cashews 1 medium packet 2 medium packets		1 packet	2 packets
leaves 1 medium packet 1 large packet white wine vinegar* crushed roasted cashews 1 medium packet 2 medium packets	sweet chilli sauce	1 medium packet	1 large packet
vinegar* drizzle drizzle crushed roasted cashews 1 medium packet 2 medium packets		1 medium packet	1 large packet
cashews 1 medium packet 2 medium packets		drizzle	drizzle
garlic aioli 1 medium packet 1 large packet		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)	3141kJ (751Cal)	577kJ (138Cal)
Protein (g)	32.1g	5.9g
Fat, total (g)	44.5g	8.2g
- saturated (g)	19.4g	3.6g
Carbohydrate (g)	58.4g	10.7g
- sugars (g)	31.8g	5.8g
Sodium (mg)	1614mg	297mg
Dietary Fibre (g)	8.6g	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 & toss the salad

- 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
- In a large bowl, combine mixed salad leaves, cucumber, carrot and a drizzle of white wine vinegar and olive oil. Season.

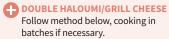


Serve up

- Divide sticky haloumi, spiced potatoes and garden salad between plates.
- Sprinkle over crushed roasted cashews and serve with a dollop of garlic aioli. Enjoy!



CUSTOM OPTIONS





In a large frying pan, cook with a drizzle of olive oil, turning, for 4-6 minutes for medium. Transfer to a plate to rest.

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

