



Sticky Haloumi & Spiced Potatoes

with Garden Salad & Roasted Cashews

CLIMATE SUPERSTAR

Grab your meal kit with this number

25



Potato



Mumbai Spice Blend



Brown Mustard Seeds



Cucumber



Carrot



Haloumi/Grill Cheese



Sweet Chilli Sauce



Mixed Salad Leaves



Crushed Roasted Cashews



Garlic Aioli



Haloumi/Grill Cheese



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins

Sweet chilli sauce is a crowd favourite and we want to put it on everything! Haloumi is up next and once again, this sauce has outdone itself. The salty haloumi gets a little sweeter and the potatoes get a decadent sprinkling of Mumbai spice, what more could you ask for?

Pantry items

Olive Oil, White Wine 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
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

*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**.



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.



Get prepped

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



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS

+ DOUBLE HALOUMI/GRILL CHEESE
Follow method below, cooking in batches if necessary.

+ ADD BEEF RUMP
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.

