



# Honey-Thyme Haloumi & Roast Pumpkin

with Roast Veggie Toss & Creamy Pesto Dressing

Grab your meal kit with this number

10



Onion



Potato



Carrot



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Nan's Special Seasoning



Flaked Almonds



Haloumi/Grill Cheese



Thyme



Baby Leaves



Creamy Pesto Dressing



Chicken Breast



Peeled Prawns

Prep in: 20-30 mins  
Ready in: 25-35 mins

Tossing everything together is a lot of fun and allows for all the flavours to melt into each other. For example, this roasted pumpkin sprinkled in Nan's special seasoning combines with herby veggies to form the ultimate combo. The salty haloumi balances out the veggies perfectly. An easy win for a weeknight dinner

### 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
potato	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
haloumi/grill cheese	1 packet	2 packets
thyme	1 packet	1 packet
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (713Cal)	456kJ (109Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	41.4g	6.3g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	54.3g	8.3g
- sugars (g)	27.2g	4.2g
Sodium (mg)	1958mg	299mg
Dietary Fibre (g)	12.1g	1.9g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **onion (see ingredients)** into wedges. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Place **peeled pumpkin pieces** on a second lined oven tray. Sprinkle over **Nan's special seasoning**, season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast both trays until veggies are tender, **20-25 minutes**.
- In the **last 5 minutes**, add **flaked almonds** to the side of one of the trays and roast until golden.



## Cook the haloumi

- When 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.



## Get prepped

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



## Serve up

- When the tray of chopped veggies are done, add **baby leaves** and a drizzle of **balsamic vinegar** and olive oil. Season and toss to coat.
- Divide roast veggie toss between bowls.
- Top with roasted pumpkin and honey-thyme haloumi.
- Dollop over **creamy pesto dressing** and sprinkle over almonds to serve. Enjoy!

### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

