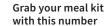
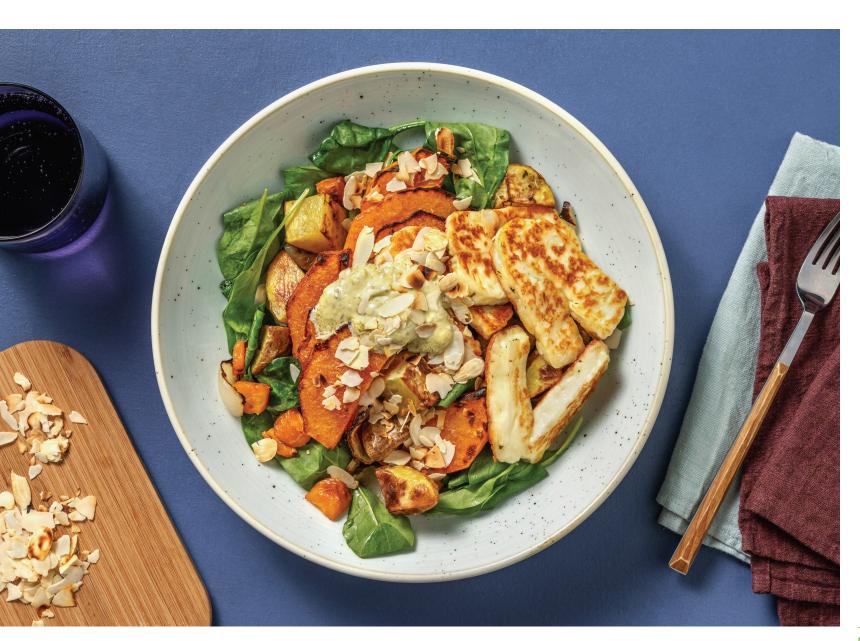


# Honey-Thyme Haloumi & Roast Pumpkin with Roast Veggie Toss & Creamy Pesto Dressing











Potato



Carrot

Garlic & Herb Seasoning





Peeled Pumpkin Pieces

Nan's Special Seasoning





Flaked Almonds

Haloumi/Grill Cheese





Thyme

**Baby Leaves** 



Creamy Pesto Dressing





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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	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	
honey*	1 tsp	2 tsp	
baby leaves	1 medium packet	1 large packet	
balsamic vinegar*	drizzle	drizzle	
creamy pesto dressing	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

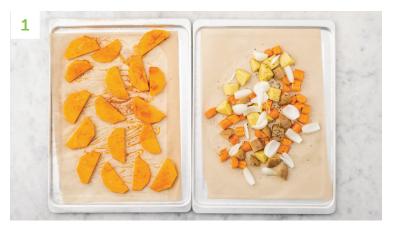
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2982kJ (713Cal)	456kJ (109Cal)
Protein (g)	31.9g	4.9g
Fat, total (g)	41.4g	6.3g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	54.3g	8.3g
- sugars (g)	27.2g	4.2g
Sodium (mg)	1958mg	299mg
Dietary Fibre (g)	12.1g	1.9g

The quantities provided above are averages only.

## **Allergens**

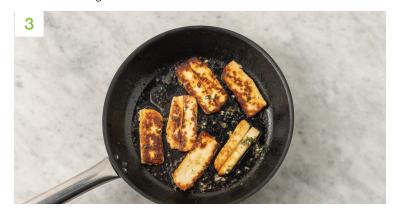
Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** 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 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!



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ADD CHICKEN BREAST

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



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.

