



Honey-Thyme Haloumi & Roast Veggie Salad

with Garlic Aioli & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

25



Potato



Cauliflower



Carrot



Onion



Thyme



Kiwi Spice Blend



Flaked Almonds



Haloumi/Grill Cheese



Baby Leaves



Garlic Aioli



Haloumi/Grill Cheese



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful Mediterranean haloumi meets roasted vegetables tossed with mild spices, and there's a tangy aioli and toasted almonds to finish it off.

Pantry items

Olive Oil, Honey

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 tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 medium portion	1 large portion
carrot	1	2
onion	½	1
thyme	1 packet	1 packet
Kiwi spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
haloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2824kJ (675cal)	256kJ (61cal)
Protein (g)	32g	2.9g
Fat, total (g)	39.1g	3.5g
- saturated (g)	17.9g	1.6g
Carbohydrate (g)	50.8g	4.6g
- sugars (g)	28g	2.5g
Sodium (mg)	1775mg	161mg
Dietary Fibre (g)	9.9g	0.9g

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.



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets. Cut **carrot** into thick rounds. Slice **onion** (see ingredients) into wedges. Pick **thyme leaves**.



2 Roast the veggies

- Divide **potato, cauliflower, carrot, onion** and **Kiwi spice blend** between two lined oven trays. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



3 Toast the almonds

- Heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



4 Cook the haloumi

- When the veggies have **5 minutes** cook time remaining, cut **haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, pat **haloumi** dry with paper towel and cook until golden brown, **1-2 minutes** each side.
- Remove the pan from heat, then add the **honey** and **thyme**, turning **haloumi** to coat.



5 Toss the veggies

- When the veggies are done, add **baby leaves** to the trays and gently toss to combine.



6 Serve up

- Divide roast veggie salad between plates. Top with honey-thyme haloumi.
- Dollop over **garlic aioli** and sprinkle with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



DOUBLE HALOUMI/GRILL CHEESE

Follow method above, cooking in batches if necessary.



ADD CHICKEN BREAST

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

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

