



# Sticky Haloumi & Root Veggie Medley

with Almonds & Dill-Parsley Mayo

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Onion



Potato



Beetroot



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Flaked Almonds



Haloumi/Grill Cheese



Thyme



Baby Leaves



Dill & Parsley Mayonnaise



Haloumi/Grill Cheese



Chicken Breast

Prep in: 15-25 mins  
Ready in: 35-45 mins

Sweet honey comes together in a glaze for squeaky haloumi that really takes it the next level. Add a touch of fragrance with thyme and a herby mayo to make your mouth water. Along with a medley of colourful veggies, this is the one to watch.

### 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

Oven tray 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	2	4
beetroot	1	2
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb 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
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3399kJ (812cal)	291kJ (70cal)
Protein (g)	33.7g	2.9g
Fat, total (g)	46.6g	4g
- saturated (g)	18.9g	1.6g
Carbohydrate (g)	65.8g	5.6g
- sugars (g)	36.4g	3.1g
Sodium (mg)	1634mg	139.9mg
Dietary Fibre (g)	12.1g	1g

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://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 | CW35



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **onion (see ingredients)** into wedges. Cut **potato** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **onion, potato, beetroot** and **peeled pumpkin pieces** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- In the **last 5 minutes**, add **flaked almonds** to one side of the tray and roast until golden.

**TIP:** If your oven tray is crowded, divide between two trays.

3



## Cook the haloumi

- When the veggies have **5 minutes** remaining, heat a large frying 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.

### CUSTOM OPTIONS



#### DOUBLE HALLOUMI

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

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

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## Get prepped

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

4



## Serve up

- When veggies are done, add **baby leaves** and a drizzle of **balsamic vinegar** and olive oil to the tray. Season and toss to coat.
- Divide root veggie medley between bowls. Top with sticky haloumi.
- Dollop with **dill & parsley mayonnaise** and sprinkle over almonds to serve. Enjoy!

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

