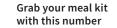


# Onion Chutney-Glazed Haloumi with Herby Roasted Veggies & Garlic Yoghurt















Peeled Pumpkin Kiwi Spice Blend



Pieces





Lemon



Haloumi/Grill





Onion Chutney



**Baby Leaves** 





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

**Calorie Smart** 





# 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

in ign concerno			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
onion	1/2	1	
peeled pumpkin pieces	1 small packet	1 medium packet	
Kiwi spice blend	1 sachet	2 sachets	
lemon	1/2	1	
garlic	2 cloves	4 cloves	
haloumi/grill cheese	1 packet	2 packets	
Greek-style yoghurt	½ medium packet	1 medium packet	
onion chutney	1 medium packet	1 large packet	
balsamic vinegar*	1 tsp	2 tsp	
baby leaves	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640cal)	241kJ (58cal)
Protein (g)	32.6g	2.9g
Fat, total (g)	31.5g	2.8g
- saturated (g)	17.8g	1.6g
Carbohydrate (g)	56g	5g
- sugars (g)	31.1g	2.8g
Sodium (mg)	1635mg	147.3mg
Dietary Fibre (g)	7.8g	0.7g

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 240°C/220°C fan-forced.
- · Cut potato into bite-sized chunks. Cut onion (see ingredients) into wedges.
- Place potato, onion and peeled pumpkin pieces on a lined oven tray. Drizzle with olive oil, sprinkle with Kiwi spice blend, season with salt and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.

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



# Get prepped

- Meanwhile, slice lemon into wedges.
- Finely chop garlic. Cut haloumi into 1cm-thick



# Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive** oil over medium-high heat. Cook garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl, then add Greek-style yoghurt (see ingredients) and a squeeze of lemon juice and stir to combine. Season to taste.



# Cook the haloumi

- When the veggies have 5 minutes remaining, return the frying pan to 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 onion chutney, the balsamic vinegar and a splash of water, turning haloumi to coat.



# Bring it all together

- · When the roasted veggies are done, remove tray from oven, then add **baby leaves**, a generous squeeze of lemon juice and a drizzle of olive oil.
- · Gently toss to combine.



# Serve up

- · Divide herby roasted veggies between bowls.
- Top with onion chutney-glazed haloumi and dollop over garlic yoghurt.
- Serve with any remaining lemon wedges. Enjoy!





We're here to help!