

# Onion Chutney-Glazed Haloumi

with Herby Roasted Veggies & Garlic Yoghurt

Grab your meal kit with this number

9



Potato



Onion



Peeled Pumpkin Pieces



Kiwi Spice Blend



Lemon



Garlic



Haloumi/Grill Cheese



Greek-Style Yoghurt



Onion Chutney



Baby Leaves



Chicken Breast



Chicken Thigh

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

Protein Rich

Calorie Smart

An onion chutney is truly an all-rounder. It can go with anything, so why not try it with squeaky haloumi? It's going to blow your mind with the sweet and sticky tastes on top of a roast veggie toss. It's another win for onion chutney!

### Pantry items

Olive Oil, 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 |
| potato                   | 2               | 4               |
| onion                    | ½               | 1               |
| peeled pumpkin pieces    | 1 small packet  | 1 medium packet |
| Kiwi spice blend         | 1 sachet        | 2 sachets       |
| lemon                    | ½               | 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  |
| <b>balsamic vinegar*</b> | 1 tsp           | 2 tsp           |
| baby leaves              | 1 medium packet | 1 large packet  |

\*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](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

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## 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.



## 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.



## Get prepped

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



## 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.



## 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.



## 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!

## CUSTOM OPTIONS

### + ADD CHICKEN BREAST

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

### + ADD CHICKEN THIGH

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.

