

Apricot-Glazed Haloumi & Mumbai Veggie Toss

with Cucumber Raita & Almonds

Grab your meal kit with this number

8



Potato



Onion



Cauliflower



Mumbai Spice Blend



Flaked Almonds



Cucumber



Garlic



Haloumi/Grill Cheese



Greek-Style Yoghurt



Curry Powder



Apricot Sauce



Baby Leaves



Chicken Breast



Chicken Thigh

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

Protein Rich

Calorie Smart

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi coated in apricot sauce meets roasted vegetables tossed with Mumbai-style spices, and there's a tangy yoghurt dressing to finish it off.

Pantry items

Olive Oil, White Wine 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
olive oil*	refer to method	refer to method
potato	2	4
onion	½	1
cauliflower	1 medium portion	1 large portion
Mumbai spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
cucumber	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
haloumi/grill cheese	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
curry powder	1 sachet	2 sachets
apricot sauce	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2561kJ (612cal)	225kJ (54cal)
Protein (g)	34.4g	3g
Fat, total (g)	29.2g	2.6g
- saturated (g)	17.3g	1.5g
Carbohydrate (g)	51.5g	4.5g
- sugars (g)	21.2g	1.9g
Sodium (mg)	2621mg	230.3mg
Dietary Fibre (g)	10.4g	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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Slice **onion (see ingredients)** into wedges. Cut **cauliflower** into small florets.
- Place veggies on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Mumbai spice blend**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- In the **last 2-3 minutes** of cook time, add **flaked almonds** to one side of the tray and roast until golden.

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

4



Cook the haloumi

- In a medium bowl, combine **haloumi**, **curry powder (see ingredients)** and a drizzle of **olive oil**.
- When veggies have **5 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**.
- Remove pan from heat, then add **apricot sauce**, tossing **haloumi** to coat.

2



Get prepped

- Meanwhile, finely chop **cucumber** and **garlic**. Cut **haloumi** into 1cm chunks.

3



Make the cucumber raita

- 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** and **cucumber**. Stir to combine, season to taste and set aside.

5



Bring it all together

- In a large bowl, combine **roasted veggies**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil**.

6



Serve up

- Divide Mumbai veggie toss between bowls. Top with apricot-glazed haloumi.
- Spoon over any remaining glaze from the pan.
- Sprinkle with toasted almonds and serve with cucumber raita. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



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.

