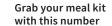


# Honey Haloumi & Fattoush Salad with Radish & Garlic Dip

CLIMATE SUPERSTAR









Tortillas



Cucumber

Radish





Haloumi/Grill

Cos Lettuce















## 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
mini flour tortillas	3	6	
tomato	1	2	
cucumber	1/2	1	
radish	2	4	
haloumi/grill cheese	1 packet	2 packets	
cos lettuce	½ head	1 head	
honey*	1 tsp	2 tsp	
balsamic vinegar*	drizzle	drizzle	
parsley	1 packet	1 packet	
mint	1 packet	1 packet	
garlic dip	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

#### **Nutrition**

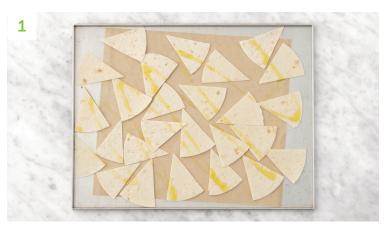
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3261kJ (779cal)	296kJ (71cal)
Protein (g)	32.4g	2.9g
Fat, total (g)	48.8g	4.4g
- saturated (g)	21.5g	1.9g
Carbohydrate (g)	47.8g	4.3g
- sugars (g)	12.2g	1.1g
Sodium (mg)	1622mg	147.1mg
Dietary Fibre (g)	11.4g	1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Bake tortilla chips

- Preheat oven to 200°C/180°C fan-forced.
- Slice mini flour tortillas into quarters. Place on a lined oven tray (don't worry if they overlap). Toss with olive oil and season with salt.
- Bake until lightly golden and crispy, 8-10 minutes.



## Get prepped

- While tortilla chips are baking, roughly chop tomato and cucumber (see ingredients). Finely slice radish.
- Cut haloumi into 1cm slices. Roughly chop cos lettuce (see ingredients).



#### Cook haloumi

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add haloumi and cook until golden brown, 1-2 minutes each side.
- Remove pan from the heat, add the **honey** and turn **haloumi** to coat.
- Meanwhile, in a large bowl, combine cos lettuce, tomato, cucumber, radish, tortilla chips, a drizzle of olive oil and balsamic vinegar. Season to taste.



## Serve up

- Divide Middle Eastern fattoush salad between bowls and top with honey-glazed haloumi.
- Tear over parsley and mint, and serve with garlic dip. Enjoy!

