

Onion Chutney-Glazed Halloumi

with Herby Roasted Veggies & Garlic Yoghurt

KIWI FLAVOURS

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Onion



Peeled Pumpkin Pieces



Kiwi Spice Blend



Lemon



Garlic



Halloumi/Grill Cheese



Greek-Style Yoghurt



Onion Chutney



Baby Leaves



Diced Chicken



Chicken Breast

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 halloumi? 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
olive oil*	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
halloumi/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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2687kJ (642Cal)	476kJ (113Cal)
Protein (g)	32.5g	5.8g
Fat, total (g)	31.5g	5.6g
- saturated (g)	17.8g	3.2g
Carbohydrate (g)	56.5g	10g
- sugars (g)	31.2g	5.5g
Sodium (mg)	1550mg	274mg
Dietary Fibre (g)	7.6g	1.3g

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.

We're here to help!

Scan here if you have any questions or concerns

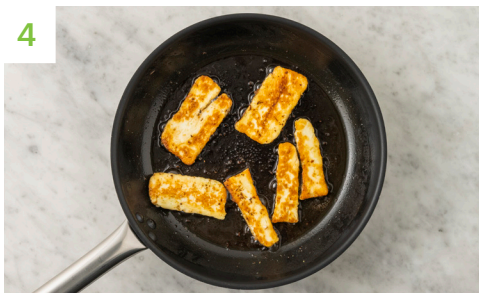
2024 | CW47



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 halloumi

- When the veggies have **5 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **halloumi** 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 **halloumi** to coat.



Get prepped

- Meanwhile, slice **lemon** into wedges.
- Finely chop **garlic**.
- Cut **halloumi** 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 halloumi and dollop over garlic yoghurt.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS



ADD DICED CHICKEN

Cook until cooked through, 4-6 minutes.



ADD CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

