



Glazed Halloumi, Orange & Radish Salad

with Avocado & Balsamic Dressing

SUMMER SALADS

CLIMATE SUPERSTAR

Grab your meal kit with this number

25



Avocado



Radish



Spring Onion



Orange



Halloumi/Grill Cheese



Slivered Almonds



Balsamic Glaze



Mixed Salad Leaves



Mint



Diced Bacon



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

A refreshing salad is exactly what we want when the warm weather hits. This one brings together an epic combo of flavours, with sweet-and-salty glazed halloumi, citrusy orange segments, creamy avo and nutty almonds. It has a little bit of everything you need, and it's sure to go down a treat!

Pantry items

Olive Oil, Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
avocado	1 (small)	1 (large)
radish	2	4
spring onion	1 stem	2 stems
orange	1	2
halloumi/grill cheese	1 packet	2 packets
slivered almonds	1 packet	2 packets
honey*	1 tsp	2 tsp
balsamic glaze	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2761kJ (660cal)	349kJ (83cal)
Protein (g)	27.9g	3.5g
Fat, total (g)	54.3g	6.9g
- saturated (g)	19.5g	2.5g
Carbohydrate (g)	17.3g	2.2g
- sugars (g)	16.2g	2g
Sodium (mg)	914mg	115.4mg
Dietary Fibre (g)	9.6g	1.2g

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



Get prepped

- Slice **avocado** in half, scoop out flesh and thinly slice.
- Thinly slice **radish** and **spring onion**.
- Peel and thinly slice **orange** into wedges.
- Cut **halloumi** into 1cm slices.
- Heat a large frying pan over medium-high heat. Toast **almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

3



Toss the salad

- In a medium bowl, combine **balsamic glaze**, a drizzle of **olive oil**, a pinch of **salt** and **pepper**.
- To the bowl, add **orange**, **radish**, **spring onion** and **mixed salad leaves**. Toss to combine.

2



Cook the halloumi

- Return 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, add the **honey** and turn to coat.

4



Serve up

- Divide orange and radish salad between bowls.
- Top with avocado and glazed halloumi. Sprinkle over toasted almonds. Tear over **mint**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

+ ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

+ ADD CHICKEN BREAST

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.

