

Honey-Thyme Halloumi & Roast Pumpkin Toss

with Flaked Almonds Toss & Creamy Pesto Dressing

Grab your meal kit with this number

10



Onion



Potato



Carrot



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Nan's Special Seasoning



Flaked Almonds



Halloumi/Grill Cheese



Dried Oregano



Baby Leaves



Creamy Pesto Dressing



Chicken Breast



Peeled Prawns

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

 Protein Rich

Tossing everything together is a lot of fun and allows for all the flavours to melt into each other. For example, this roasted pumpkin sprinkled in Nan's special seasoning combines with herby veggies to form the ultimate combo. The salty halloumi balances out the veggies perfectly. An easy win for a weeknight dinner.

Pantry items

Olive Oil, Honey, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
potato	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 medium packet	2 medium packets
Nan's special seasoning	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
halloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
dried oregano	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3220kJ (770cal)	240kJ (57cal)
Protein (g)	33.9g	2.5g
Fat, total (g)	45.9g	3.4g
- saturated (g)	18.8g	1.4g
Carbohydrate (g)	56.1g	4.2g
- sugars (g)	27.5g	2.1g
Sodium (mg)	1958mg	146mg
Dietary Fibre (g)	11.7g	0.9g

The quantities provided above are averages only.

Allergens

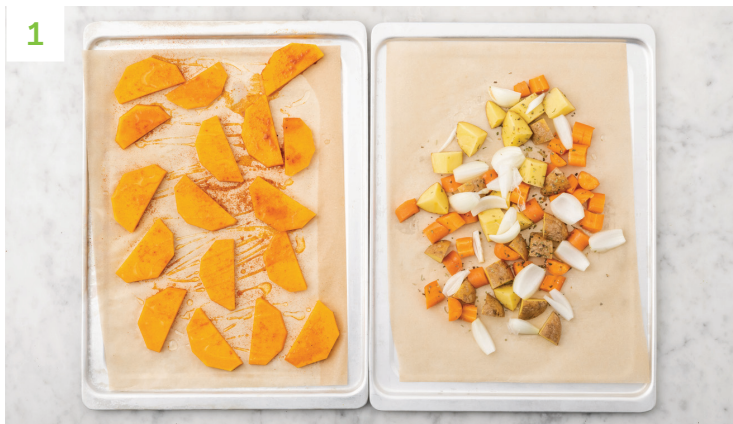
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Slice **onion (see ingredients)** into wedges. Cut **potato** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Place **peeled pumpkin pieces** on a second lined oven tray. Sprinkle over **Nan's special seasoning**, season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast both trays until veggies are tender, **20-25 minutes**.
- In the **last 5 minutes**, add **flaked almonds** to the side of one of the trays and roast until golden.



Cook the halloumi

- When veggies have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **halloumi** until golden brown, **1-2 minutes** each side.
- Add the **honey** and **dried oregano**, then cook until sticky, **1 minute**. Remove pan from heat.



Get prepped

- While veggies are roasting, cut **halloumi** into 1cm slices.



Serve up

- When the tray of chopped veggies are done, add **baby leaves** and a drizzle of **balsamic vinegar** and olive oil. Season and toss to coat.
- Divide roast veggie toss between bowls.
- Top with roasted pumpkin and honey-thyme halloumi.
- Dollop over **creamy pesto dressing** and sprinkle over almonds to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

