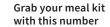


Honey-Herb Halloumi & Roast Pumpkin Toss with Flaked Almonds & Creamy Pesto Dressing













Potato

Carrot

Garlic & Herb Seasoning





Peeled Pumpkin Pieces



Flaked Almonds



Nan's Special Seasoning

Rosemary





Halloumi/Grill Cheese

Baby Leaves



Creamy Pesto Dressing





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

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	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	
rosemary	2 sticks	4 sticks	
halloumi/grill cheese	1 packet	2 packets	
honey*	1 tsp	2 tsp	
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)	3246kJ (775Cal)	489kJ (116Cal)
Protein (g)	33.5g	5g
Fat, total (g)	45.6g	6.9g
- saturated (g)	18.4g	2.8g
Carbohydrate (g)	54.2g	8.2g
- sugars (g)	19.2g	2.9g
Sodium (mg)	1760mg	265mg
Dietary Fibre (g)	14.3g	2.2g

The quantities provided above are averages only.

Allergens

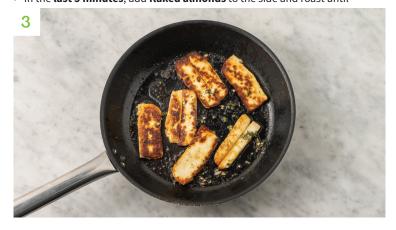
Always read product labels for the most up-to-date allergen information.

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



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 until tender, 20-25 minutes.
- In the last 5 minutes, add flaked almonds to the side and roast until



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 rosemary, then cook until sticky, 1 minute. Remove pan from heat.



Get prepped

- While veggies are roasting, pick rosemary leaves.
- Cut halloumi into 1cm slices.



Finish & serve

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



up, 3-4 minutes.

