



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



Cornflour



Balsamic Glaze



Mixed Salad
Leaves



Slivered Almonds



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
cornflour	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
balsamic glaze	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
slivered almonds	1 packet	2 packets
mint	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2769kJ (661Cal)	678kJ (162Cal)
Protein (g)	28g	6.9g
Fat, total (g)	54.3g	13.3g
- saturated (g)	19.5g	4.8g
Carbohydrate (g)	17.4g	4.3g
- sugars (g)	16.3g	4g
Sodium (mg)	921mg	225mg
Dietary Fibre (g)	10.6g	2.6g

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

2025 | CW03



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-thick slices. In a shallow bowl, add **cornflour**. Toss **halloumi** in the **cornflour** to lightly coat.

3



Toss the salad

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

2



Cook the halloumi

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When **oil** is hot, pick up **halloumi** using tongs and shake off any excess **cornflour**. Cook **halloumi** until golden brown, **1-2 minutes** each side.
- Remove pan from heat, add the **honey** and turn to coat.

4



Finish & serve

- Divide orange and radish salad between bowls.
- Top with avocado and glazed halloumi.
- Sprinkle over **slivered almonds** and tear over **mint** to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED BACON

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



ADD CHICKEN BREAST

Slice through horizontally to make two thin steaks. In a frying pan, cook until cooked through, 3-6 minutes each side.

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

