



# Crumbed Haloumi Caesar-Style Salad

with Croutons & Creamy Dressing

Grab your Meal Kit with this symbol



Haloumi



Cucumber



Tomato



Ciabatta



Aussie Spice Blend



Flaked Almonds



Panko Breadcrumbs



Creamy Salad Dressing



Cos Lettuce Mix



Grated Parmesan Cheese



Chicken Breast

Hands-on: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early\*  
*\*Custom Recipe Only*

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful crumbed haloumi meets a caesar-style salad tossed in a tangy and creamy dressing, then topped with sharp Parmesan to finish it off.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
haloumi	1 packet	2 packets
cucumber	1 (medium)	1 (large)
tomato	1	2
ciabatta	1	2
Aussie spice blend	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
plain flour*	1 tbs	2 tbs
egg*	1	2
panko breadcrumbs	1 packet	1 packet
creamy salad dressing	1 large packet	2 large packets
cos lettuce mix	1 bag (60g)	1 bag (120g)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3475kJ (830Cal)	816kJ (195Cal)
Protein (g)	43.8g	10.3g
Fat, total (g)	46g	10.8g
- saturated (g)	22.4g	5.3g
Carbohydrate (g)	57.8g	13.6g
- sugars (g)	7.5g	1.8g
Sodium (mg)	2488mg	584mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2884kJ (689Cal)	593kJ (142Cal)
Protein (g)	53.2g	10.9g
Fat, total (g)	26.6g	5.5g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	55.8g	11.5g
- sugars (g)	6.5g	1.3g
Sodium (mg)	1386mg	285mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW50



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Pat **haloumi** dry with a paper towel, then cut into 2cm-thick slices. Thinly slice **cucumber** into rounds. Roughly chop **tomato**.

### CUSTOM RECIPE

If you've swapped haloumi for chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.



## Cook the haloumi

- Meanwhile, add **plain flour** to a shallow bowl. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **haloumi** slices in **flour**, followed by the **egg** and finally the **panko breadcrumbs**. Transfer to a plate.
- Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. Cook **haloumi** until golden brown, **2 minutes** each side. Transfer to a plate lined with paper towel.

### CUSTOM RECIPE

Crumb chicken as above. Heat pan as above, then cook chicken until cooked through, 3-5 minutes each side. Transfer to a plate lined with paper towel.



## Bake the croutons & almonds

- Cut or tear **ciabatta** into bite-sized chunks.
- Place **ciabatta** on a lined oven tray with **Aussie spice blend** and a drizzle of **olive oil**.
- Toss to coat, spread out evenly, then bake until golden, **5-7 minutes**.
- When croutons have **2 minutes** cook time remaining, add **flaked almonds** to one side of the tray, then toast until golden.



## Serve up

- In a large bowl, combine **creamy salad dressing** and a splash of **water**. Add cucumber, tomato, **cos lettuce mix** and croutons to the dressing. Toss to combine and season to taste.
- Divide Caesar-style salad between bowls. Top with crumbed haloumi.
- Garnish with **grated Parmesan cheese** and toasted almonds to serve.

## Enjoy!