



Honey-Glazed Haloumi & Roast Veggie Salad

with Garlic Yoghurt & Flaked Almonds

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Red Onion



Mumbai Spice Blend



Garlic



Haloumi



Flaked Almonds



Greek-Style Yoghurt



Salad Leaves

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with Mumbai-style spices, and there's a tangy yoghurt dressing and toasted almonds to finish it off.

Pantry items

Olive Oil, Honey

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
red onion	1 (medium)	1 (large)
Mumbai spice blend	2 sachets	4 sachets
garlic	2 cloves	4 cloves
haloumi	1 packet	2 packets
flaked almonds	1 sachet	2 sachets
Greek-style yoghurt	1 medium tub	1 large packet
honey*	1 tsp	2 tsp
salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2747kJ (656Cal)	430kJ (102Cal)
Protein (g)	37.1g	5.8g
Fat, total (g)	30.9g	4.8g
- saturated (g)	18.7g	2.9g
Carbohydrate (g)	60.5g	9.5g
- sugars (g)	21.5g	3.4g
Sodium (mg)	1854mg	290mg

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 the oven to **220°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **cauliflower** into small florets. Cut the **carrot** (unpeeled) into 1cm rounds. Slice the **red onion** into 2cm wedges. Divide the **potato, cauliflower, carrot, onion** and **Mumbai spice blend** over two oven trays lined with baking paper. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.



Cook the haloumi

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **haloumi** dry with paper towel. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** each side. Remove the pan from the heat, then add the **honey** and toss to coat the haloumi.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** in a small bowl of cold water and leave to soak. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate.

TIP: Soaking the haloumi helps mellow the saltiness!



Bring it all together

Add the **salad leaves** to the oven trays with the roasted **veggies** and gently toss to combine.



Make the garlic yoghurt

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a second small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



Serve up

Divide the roast veggie salad between plates and top with the honey-glazed haloumi. Spoon over the garlic yoghurt and sprinkle with the toasted almonds.

Enjoy!