



Garlic & Oregano Haloumi Tacos

with Lemon-Pesto Dressing & Caramelised Onion

Grab your Meal Kit with this symbol



Red Onion



Garlic



Cucumber



Tomato



Cos Lettuce



Haloumi



Dried Oregano



Creamy Pesto Dressing



Lemon



Mini Flour Tortillas



Balsamic Glaze

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

The ultimate in one-handed food, these tacos with delicious herbed haloumi, lemon pesto dressing and sweet-sticky caramelised onion are best enjoyed sans cutlery.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 too.

You will need

Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
cucumber	1 (medium)	1 (large)
tomato	1	2
cos lettuce	½ head	1 head
haloumi	1 block	2 blocks
balsamic vinegar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
brown sugar*	2 tsp	4 tsp
dried oregano	1 sachet	2 sachets
creamy pesto dressing	1 packet (50g)	1 packet (100g)
lemon	½	1
mini flour tortillas	8	16
balsamic glaze	1 bottle	2 bottles

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3720kJ (888Cal)	731kJ (175Cal)
Protein (g)	31.5g	6.2g
Fat, total (g)	49.2g	9.7g
- saturated (g)	18.5g	3.6g
Carbohydrate (g)	75.2g	14.8g
- sugars (g)	18.8g	3.7g
Sodium (g)	1390mg	274mg

Allergens

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

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



1. Get prepped

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **cucumber** into batons. Thinly slice the **tomato** into half-moons. Shred the **cos lettuce** (see **ingredients list**). Cut the **haloumi** into 1cm slices. Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**.

TIP: Soaking the haloumi helps mellow out the saltiness!



4. Make the pesto dressing

In a small bowl, combine the **creamy pesto dressing** with a **good squeeze** of **lemon juice** (see **ingredients list**). Slice any **remaining lemon** into wedges.

TIP: Add as much or as little lemon juice as you like, depending on your taste.



2. Caramelize the onion

In a medium frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring regularly, until softened, **5-6 minutes**. Add the **balsamic vinegar**, the **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl and cover to keep warm.



5. Cook the haloumi

Wash the frying pan and return to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **haloumi** and cook until golden brown, **2 minutes**, each side. While the haloumi is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



3. Flavour the haloumi

While the onion is cooking, combine the **garlic**, **dried oregano**, a **pinch of pepper** and a **drizzle of olive oil** in a medium bowl. Drain the **haloumi**, then pat dry with paper towel and add to the bowl with the **oregano mixture**. Toss to coat the haloumi.



6. Serve up

Bring everything to the table to serve. Fill each tortilla with some cucumber, tomato, cos lettuce, caramelised onion and haloumi. Drizzle over the **balsamic glaze** and lemon-pesto dressing. Serve with any remaining lemon wedges.

Enjoy!