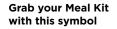
# Garlic & Oregano Haloumi Tacos

with Lemon-Pesto Dressing & Caramelised Onion









**Red Onion** 







Cucumber





**Cos Lettuce** 



**Dried Oregano** 



Haloumi

**Creamy Pesto** Dressing



Lemon



Mini Flour Tortillas



**Balsamic Glaze** 

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**

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	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	1/2	1
mini flour tortillas	8	16
balsamic glaze	1 bottle	2 bottles

<sup>\*</sup>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 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 halfmoons. 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!



### 2. Caramelise 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.



#### 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.



# 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.



# 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.



# 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!**