



Greek Herb & Honey-Coated Cheese

with Roasted Veggies

Grab your Meal Kit with this symbol



Courgette



Capsicum



Red Onion



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Walnuts



Greek Salad Cheese



Sesame Seeds



Dried Oregano



Baby Spinach Leaves

Hands-on: 15-25 mins
Ready in: 30-40 mins

Enjoy the delights of the Mediterranean with this dazzling salad, featuring Greek salad cheese crusted with oregano, then coated in sticky honey, plus a hearty addition of herby roasted veggies. Once people get a whiff of this herby wonder, it's a scramble for the biggest bowl available.

Pantry items

Olive Oil, Honey, Red Wine Vinegar

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
courgette	1	2
capsicum	1	2
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 bag (400g)	1 bag (800g)
garlic & herb seasoning	1 sachet	1 sachet
walnuts	1 packet	2 packet
Greek salad cheese	2 packets	4 packets
sesame seeds	1 sachet	1 sachet
honey*	2 tbs	¼ cup
dried oregano	1 sachet	1 sachet
red wine vinegar*	1 tsp	2 tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2742kJ (655Cal)	415kJ (99Cal)
Protein (g)	32.4g	4.9g
Fat, total (g)	35.9g	5.4g
- saturated (g)	16.9g	2.6g
Carbohydrate (g)	47.6g	7.2g
- sugars (g)	38.4g	5.8g
Sodium (mg)	1530mg	231mg

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 **240°C/220°C fan-forced**. Cut the **courgette** and **capsicum** into 2cm chunks. Slice the **red onion** into 2cm wedges. Divide the **peeled & chopped pumpkin**, **courgette**, **capsicum** and **onion** between two oven trays lined with baking paper. Add the **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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



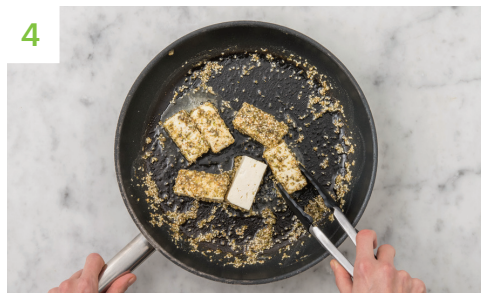
Get prepped

While the veggies are roasting, roughly chop the **walnuts**. Cut the **Greek salad cheese** into thirds so you get 3 pieces per person.



Toast the walnuts

Heat a large frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl and set aside.



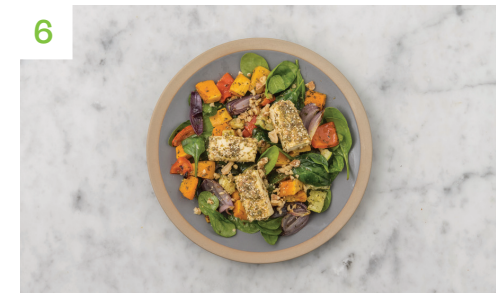
Cook the cheese

When the **veggies** have **5 minutes** cook time remaining, return the frying pan to a medium heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Add the **honey** and **dried oregano**, stir to combine, then add the **cheese**. Cook, turning half-way through, until just softened and coated in the honey mixture, **1-2 minutes**.



Toss the veggies

In a large bowl, combine the **red wine vinegar** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the roasted **veggies** and **baby spinach leaves** and toss to combine.



Serve up

Divide the roasted veggies between plates. Top with the Greek herb and honey-coated cheese. Sprinkle over the toasted walnuts.

Enjoy!