



Honey-Glazed Haloumi & Spiced Roast Veggies

with Almonds & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Garlic



Tunisian Seasoning



Flaked Almonds



Haloumi



Tomato



Mixed Leaves



Dill & Parsley Mayonnaise

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 Tunisian-style spices, plus there's a herby mayo 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
Tunisian seasoning	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
haloumi	1 packet	2 packets
honey*	1 tbs	2 tbs
tomato	1	2
mixed leaves	1 small bag	1 medium bag
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3186kJ (761Cal)	603kJ (144Cal)
Protein (g)	30.5g	5.8g
Fat, total (g)	47.7g	9g
- saturated (g)	16.1g	3g
Carbohydrate (g)	54.7g	10.4g
- sugars (g)	26.6g	5g
Sodium (mg)	1591mg	301mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **potato** into bite-sized chunks. Slice **carrot** into thick rounds. Slice **onion** into wedges. Finely chop **garlic**.



Roast the veggies

Place **potato**, **carrot**, **onion** and **garlic** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **Tunisian seasoning**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Toast the almonds

Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing occasionally, until golden, **2-3 minutes**. Transfer to a plate.



Cook the haloumi

Pat **haloumi** dry with paper towel, then cut into 2cm-thick slices. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi**, turning, until golden brown all over, **1-2 minutes**. Add the **honey** to the pan and toss haloumi to coat, **1 minute**.



Bring it all together

When the **veggies** are done, transfer to a large bowl and allow to cool slightly. Roughly chop **tomato**. Add **tomato** and **mixed leaves** to the **roasted veggies**, then toss to coat. Season to taste.



Serve up

Cut honey-glazed haloumi into bite-sized chunks. Divide spiced roast veggie salad between bowls and top with haloumi. Spoon over **dill & parsley mayonnaise**. Garnish with toasted almonds to serve.

Enjoy!