



# GARLIC & OREGANO HALOUMI TACOS

with Lemon Aioli & Caramelised Onion



Master caramelised onion



Red Onion



Garlic



Tomato



Cos Lettuce



Carrot



Haloumi



Dried Oregano



Garlic Aioli



Lemon



Mini Flour Tortillas



Balsamic Glaze



Hands-on: 20 mins

Ready in: 25 mins

The ultimate in one-handed food, these tacos with delicious herbed haloumi, lemon aioli and a sweet balsamic syrup are best enjoyed sans cutlery. Dig in!

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Brown Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



### 1 GET PREPPED

Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **tomato** into half-moons. Shred the **cos lettuce** (see ingredients list). Grate the **carrot** (unpeeled). Slice the **haloumi** into 1cm-thick strips. Place the haloumi strips 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 often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



### 3 FLAVOUR THE HALOUMI

While the onion is caramelising, 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 garlic mixture. Toss the haloumi to coat.



### 4 MAKE THE LEMON AIOLI

In a small bowl, combine the **garlic aioli** 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.



### 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 tomato, cos lettuce, carrot, caramelised onion, haloumi and a drizzle of **balsamic glaze** and lemon aioli. Serve with any remaining lemon wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
tomato	1	2
cos lettuce	½ head	1 head
carrot	1	2
haloumi	1 block	2 blocks
balsamic vinegar*	4 tsp	2 ½ tbs
water*	4 tsp	2 ½ tbs
brown sugar*	2 tsp	4 tsp
dried oregano	1 sachet	2 sachets
garlic aioli	1 tub (50 g)	1 tub (100 g)
lemon	½	1
mini flour tortillas	6	12
balsamic glaze	1 bottle	2 bottles

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3270kJ (782Cal)	684kJ (163Cal)
Protein (g)	28.6g	6.0g
Fat, total (g)	43.4g	9.1g
- saturated (g)	16.3g	3.4g
Carbohydrate (g)	64.5g	13.5g
- sugars (g)	20.6g	4.3g
Sodium (g)	1230mg	258mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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