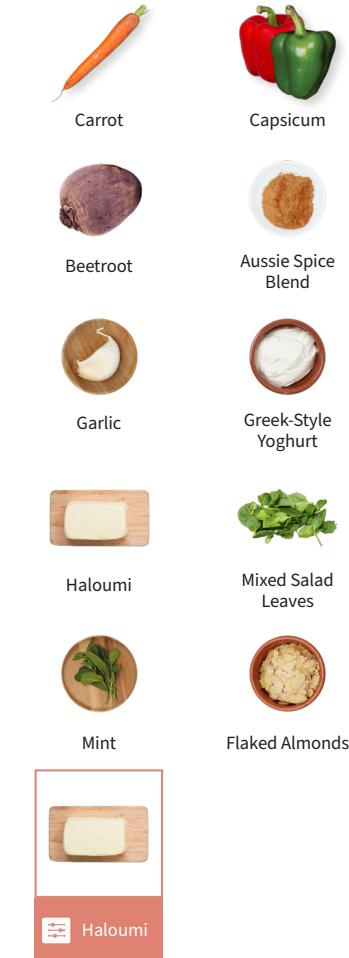




Haloumi & Roast Veggie Salad

with Garlic Yoghurt, Almonds & Mint

Grab your Meal Kit
with this symbol



Hands-on: 15-25 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

A little salty and squeaky, and with a touch of tang, we're big fans of haloumi - especially when it's teamed with naturally sweet roasted veggies. Dress the salad with creamy garlic yoghurt and top with crunchy flaked almonds for the perfect balance of flavours and textures. Don't forget the fresh mint garnish, it really makes everything sing!



CUSTOM RECIPE | If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
capsicum	1	2
beetroot	1	2
Aussie spice blend	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
haloumi	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
mint	1 bag	1 bag
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1947kJ (465Cal)	423kJ (101Cal)
Protein (g)	25.8g	5.6g
Fat, total (g)	26.3g	5.7g
- saturated (g)	14.8g	3.2g
Carbohydrate (g)	27.4g	6g
- sugars (g)	24.2g	6g
Sodium (mg)	1430mg	311mg
Dietary Fibre (g)	11.4g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3076kJ (735Cal)	559kJ (134Cal)
Protein (g)	43.4g	7.9g
Fat, total (g)	47.4g	8.6g
- saturated (g)	28.2g	5.1g
Carbohydrate (g)	30.2g	5.5g
- sugars (g)	26.3g	5.5g
Sodium (mg)	2303mg	419mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



2



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into thin rounds. Thinly slice **capsicum**. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

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

3



4



Cook the haloumi & toss the salad

- When veggies have **5 minutes** remaining, cut **haloumi** into 1cm-thick slices, then pat dry with paper towel.
- Return frying pan to a medium-high heat with another drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Meanwhile, to the slightly cooled roasted **veggie** tray, add **mixed salad leaves**, **garlic yoghurt** and a small drizzle of **white wine vinegar**. Gently toss to combine. Season to taste.

Serve up

- Pick **mint leaves**.
- Divide roast veggie salad between bowls. Top with haloumi and **flaked almonds**.
- Sprinkle with mint to serve.

Enjoy!