

Haloumi & Spiced Roast Veggie Bowl

with Garlic Yoghurt Dressing

Grab your Meal Kit
with this symbol



-  Butternut Pumpkin
-  Zucchini
-  Beetroot
-  Red Onion
-  Roasted Almonds
-  Haloumi
-  Ras El Hanout
-  Garlic
-  Greek Yoghurt
-  Spinach & Rocket Mix

 Hands-on: 30-40 mins
 Ready in: 45-55 mins

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted veggies tossed with Middle Eastern-inspired spices, while a garlicky yoghurt dressing and roasted almonds finish it off.

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine), 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
butternut pumpkin	1 (medium)	1 (large)
zucchini	1	2
beetroot	1	2
red onion	1	2
roasted almonds	1 packet	2 packets
haloumi	1 block	2 blocks
ras el hanout	1 sachet	2 sachets
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	1 packet (200g)
vinegar* (white wine or red wine)	1 tsp	2 tsp
spinach & rocket mix	1 bag (60g)	1 bag (120g)
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3088kJ (738Cal)	386kJ (92Cal)
Protein (g)	35.1g	4.4g
Fat, total (g)	39.6g	5g
- saturated (g)	16.1g	2g
Carbohydrate (g)	52.1g	6.5g
- sugars (g)	45.6g	5.7g
Sodium (mg)	825mg	103mg

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 2cm chunks. Cut the **zucchini** into 2cm half-moons. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **red onion** into 2cm wedges. Roughly chop the **roasted almonds**. Cut the **haloumi** into 1cm-thick slices. Place the **haloumi** in a small bowl of cold water and leave to soak.

TIP: Peel the pumpkin if you prefer.

TIP: Soaking the haloumi helps mellow the saltiness!



Cook the haloumi

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **haloumi** dry with paper towel. When the oil is hot, cook the **haloumi** until golden brown, **2 minutes** each side. Add the **honey** and turn the **haloumi** to coat.



Roast the veggies

Place the **pumpkin, zucchini, beetroot, onion, ras el hanout** and a drizzle of **olive oil** on an oven tray lined with baking paper. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

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



Make the salad

In a medium bowl, add **olive oil** (2 tsp for 2 people / 1 tbs for 4 people) and **vinegar**. Season with **salt** and **pepper** and mix well. Add the **spinach & rocket mix** and toss to combine.



Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl and add the **Greek yoghurt**. Whisk to combine. Season to taste and set aside.



Serve up

Divide the salad between plates and top with the spiced roasted veggies and haloumi. Spoon over the garlic yoghurt and sprinkle with the chopped roasted almonds.

Enjoy!