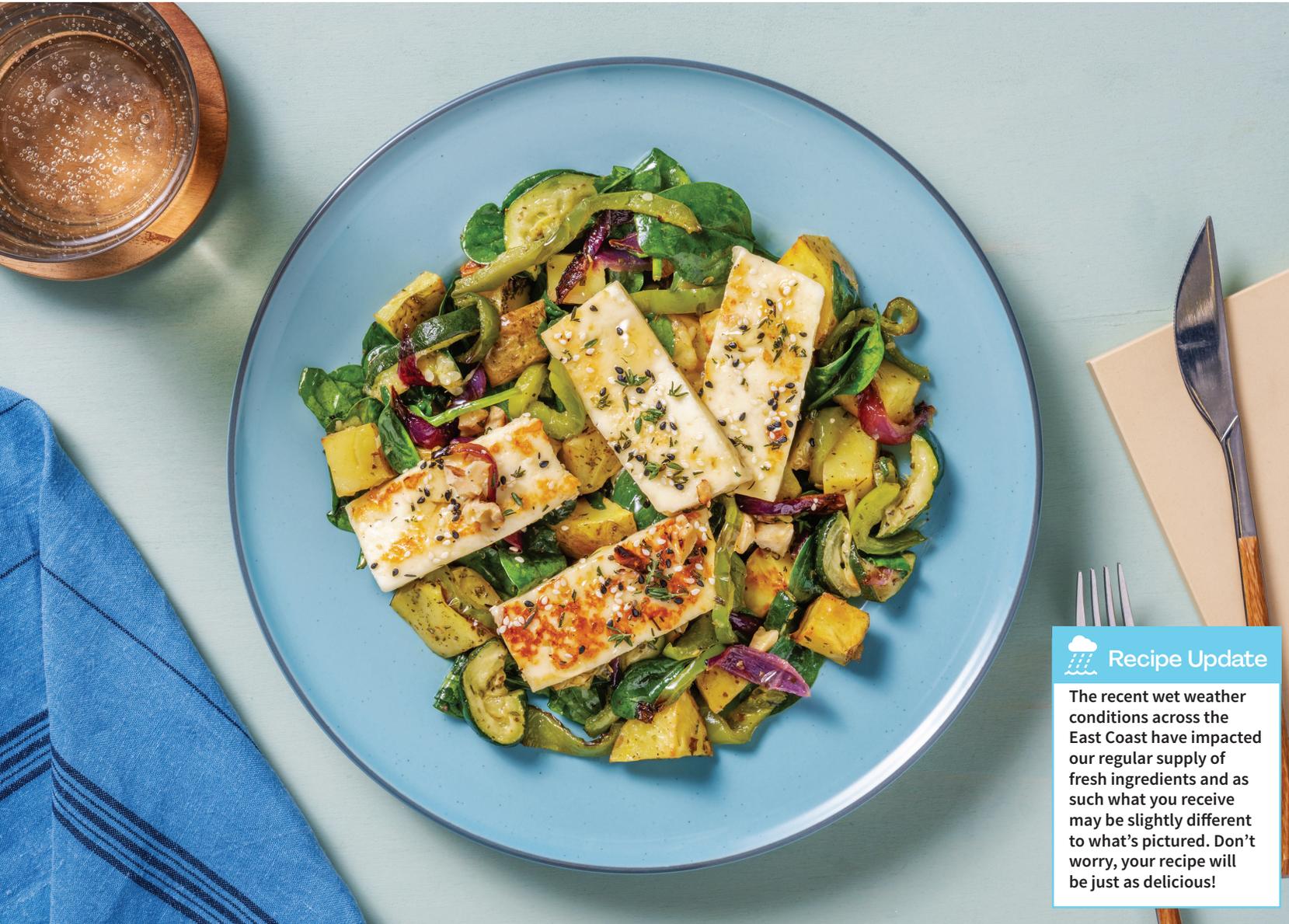


Honey, Thyme & Sesame Haloumi

with Roast Veggie Toss & Walnuts

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Red Onion



Garlic & Herb Seasoning



Walnuts



Haloumi



Thyme



Mixed Sesame Seeds



Baby Spinach Leaves

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **10-20 mins**
 Ready in: **30-40 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

When you pair salty and squeaky haloumi with sweet and sticky honey, the result is pretty magical - and even more so when you add a sprinkle of nutty sesame seeds, and floral, peppery thyme. Serve with a hearty roast veggie toss, and complete the dish with walnuts for some buttery flavour and crunch.

Pantry items

Olive Oil, Honey, Rice 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
potato	2	4
zucchini	1	2
carrot	1	2
red onion	1	2
garlic & herb seasoning	1 sachet	2 sachets
walnuts	1 medium packet	1 large packet
haloumi	1 packet	2 packets
thyme	1 bag	1 bag
honey*	2 tbs	¼ cup
mixed sesame seeds	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2729kJ (652Cal)	445kJ (106Cal)
Protein (g)	29.9g	4.9g
Fat, total (g)	33g	5.4g
- saturated (g)	14.3g	2.3g
Carbohydrate (g)	54.5g	8.9g
- sugars (g)	26.9g	4.4g
Sodium (mg)	1284mg	209mg

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, zucchini** and **carrot** into bite-sized chunks. Slice **red onion** into thick wedges.
- Spread prepped **veggies** across two lined oven trays. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt and pepper**.
- Toss to coat. Bake until tender, **20-25 minutes**.



Toss the veggies

- To the roasted veggie trays, add **baby spinach leaves** and a drizzle of **red wine vinegar** and **olive oil**.
- Gently toss to combine.



Get prepped & cook the haloumi

- While veggies are roasting, roughly chop **walnuts** and set aside.
- Cut **haloumi** into 1cm-thick slices. Pick the **thyme** leaves.
- When veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Reduce heat to medium. Add the **honey, mixed sesame seeds** and **thyme** and cook, turning **haloumi**, until fragrant and coated, **1-2 minutes**.



Serve up

- Divide roast veggie salad between plates. Top with honey, thyme and sesame haloumi.
- Sprinkle with walnuts to serve.

Enjoy!

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