

Middle Eastern Haloumi & Roast Veggie Toss

with Babaganoush & Pepitas

Grab your Meal Kit with this symbol



Beetroot



Carrot



Zucchini



Red Onion



Chermoula Spice Blend



Haloumi



Babaganoush



Pepitas



Baby Spinach Leaves



Mint



Hands-on: **10-20 mins**
Ready in: **30-40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Carb Smart

A classic and colourful mix of roasted veggies and baby spinach gets a satisfying twist with squeaky haloumi and creamy babaganoush. It's the perfect recipe for a satisfying low-carb meal!

Pantry items

Olive Oil

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
beetroot	1	2
carrot	1	2
zucchini	1	2
red onion	1	2
chermoula spice blend	1 sachet	2 sachets
haloumi	1 packet	2 packets
babaganoush	1 packet	2 packets
pepitas	1 packet	2 packets
baby spinach leaves	1 bag (60g)	1 bag (120g)
mint	½ bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2134kJ (510Cal)	366kJ (87Cal)
Protein (g)	24g	4.1g
Fat, total (g)	30.9g	5.3g
- saturated (g)	14.7g	2.5g
Carbohydrate (g)	28.4g	4.9g
- sugars (g)	25g	4.3g
Sodium (mg)	1640mg	281mg
Dietary Fibre (g)	12.8g	2.2g

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 the oven to **240°C/220°C fan forced**. Cut the **beetroot** into 1cm chunks. Cut the **carrot**, **zucchini** and **red onion** into bite-sized pieces. Place the **veggies**, **chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt** on a lined oven tray. Toss to coat, then bake until tender, **20-25 minutes**.

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



Cook the haloumi

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side.



Get prepped

While the veggies are roasting, cut the **haloumi** into 1cm slices and pat dry. In a small bowl, combine the **babaganoush** with a drizzle of **water**. Set aside.



Toss the veggies

When the veggies are finished cooking, add the **baby spinach leaves** to the tray and toss to combine.



Toast the pepitas

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



Serve up

Divide the chermoula roasted veggies between plates and top with the haloumi. Sprinkle over the pepitas. Top with the babaganoush. Tear over the **mint** (see ingredients) to garnish.

Enjoy!