



Seared Haloumi & Roasted Sweet Potato Tacos

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Haloumi



Brown Onion



Cucumber



Cos Lettuce



Tomato



Mini Flour Tortillas



Creamy Pesto Dressing

Hands-on: 20-30 mins
Ready in: 25-35 mins

You'll be smiling all the way to the table when you dish up these show-stopping tacos. Fill them with sweet potato wedges, squeaky haloumi, caramelised onion, salad and creamy pesto dressing and enjoy the state of supreme bliss that follows!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
haloumi	1 block	2 blocks
brown onion	1	2
cucumber	1	2
cos lettuce	½ head	1 head
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	3 tsp	1½ tbs
mini flour tortillas	6	12
creamy pesto dressing	1 tub (50g)	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3520kJ (841Cal)	581kJ (139Cal)
Protein (g)	30.9g	5.1g
Fat, total (g)	45.5g	7.5g
- saturated (g)	16.2g	2.7g
Carbohydrate (g)	72.8g	12.0g
- sugars (g)	21.2g	3.5g
Sodium (g)	1260mg	208mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the sweet potato

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



4. Cook the haloumi

Wash the pan and return to a medium-high heat with a **drizzle** of **olive oil**. Drain the **haloumi**, pat dry with paper towel and add to the pan. Cook until golden brown, **2 minutes** each side.



2. Get prepped

While the **sweet potato** is roasting, cut the **haloumi** into 1cm-thick slices. Place the **haloumi** slices in a small bowl of cold water and set aside to soak for **5 minutes**. Thinly slice the **brown onion**. Cut the **cucumber** into thin batons. Roughly chop the **cos lettuce** (see ingredients list). Roughly chop the **tomato**.

TIP: Soaking the haloumi helps mellow out the saltiness!



5. Heat the tortillas

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.



3. Caramelize 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 well to combine. Cook until dark and sticky, **3-5 minutes**. Season with **salt** and **pepper** and transfer to a small bowl.



6. Serve up

Bring everything to the table to serve. Build your tacos by spreading the tortillas with a layer of **creamy pesto dressing**, then top with cos lettuce, roasted sweet potato, haloumi, caramelized onion, cucumber and tomato.

Enjoy!