

Haloumi & Caramelised Onion Tacos

with Cucumber Salad & Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Cucumber



Cos Lettuce



Carrot



Haloumi/
Grill Cheese



Mini Flour
Tortillas



Mayonnaise



Chicken
Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

You thought there couldn't be any more ways left to enjoy squeaky and salty slices of haloumi. If you did, then we're going to prove you wrong with haloumi tacos! Pack them up with caramelised onion and a drizzle of mayo and you have yet another haloumi success story.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	1 (medium)	1 (large)
cucumber	1 (medium)	1 (large)
cos lettuce	½ head	1 head
carrot	½	1
haloumi/grill cheese	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
water*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
mini flour tortillas	6	12
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3264kJ (780Cal)	679kJ (162Cal)
Protein (g)	31.8g	6.6g
Fat, total (g)	47.3g	9.8g
- saturated (g)	22.6g	4.7g
Carbohydrate (g)	53.7g	11.2g
- sugars (g)	15g	3.1g
Sodium (mg)	1604mg	334mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4023kJ (962Cal)	628kJ (150Cal)
Protein (g)	64.3g	10g
Fat, total (g)	53g	8.3g
- saturated (g)	24.2g	3.8g
Carbohydrate (g)	53.7g	8.4g
- sugars (g)	15g	2.3g
Sodium (mg)	1702mg	266mg

The quantities provided above are averages only.

Allergens

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

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

We're here to help!

Scan here if you have any questions or concerns



2023 | CW30



Get prepped

- Thinly slice **onion**. Slice **cucumber** into thin sticks. Shred **cos lettuce** leaves (**see ingredients**). Grate **carrot** (**see ingredients**).
- Cut **haloumi** into 1cm-thick slices.

Custom Recipe: If you've added chicken breast to your meal, cut the chicken into 2cm chunks.



Cook the haloumi

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **haloumi**, until golden brown, **1-2 minutes** each side. Remove from heat.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

Custom Recipe: Cook the chicken with haloumi, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.



Caramelise the onion

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Serve up

- In a medium bowl, combine lettuce, carrot, cucumber and a drizzle of **white wine vinegar** and olive oil. Season with salt and pepper.
- Bring everything to the table to serve. Fill each tortilla with some cucumber salad, haloumi and caramelised onion.
- Drizzle with **mayonnaise** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate