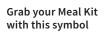


Honey-Glazed Haloumi & Caesar-Style Salad with Dijon Dressing & Almonds

CLIMATE SUPERSTAR













Cucumber





Flaked Almonds



Mayonnaise

Wholemeal Panini



Dijon Mustard

Haloumi/Grill





Prep in: 25-35 mins Ready in: 30-40 mins

You can put down that supermarket salad because we have one that will truly blow you away with sweetly glazed haloumi and toasted almonds sprinkled on top. The croutons add a golden crunch while the dijon mayo dressing wraps everything up with a tasty bow.

Calorie Smart

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
cos lettuce	1 head	2 heads
tomato	1	2
cucumber	1 (medium)	1 (large)
lemon	1/2	1
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
wholemeal panini	1	2
mayonnaise	1 medium packet	1 large packet
dijon mustard	½ packet (12.5g)	1 packet (25g)
haloumi/grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
haloumi/grill cheese**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2659kJ (636Cal)	573kJ (137Cal)
Protein (g)	30.9g	6.7g
Fat, total (g)	39.3g	8.5g
- saturated (g)	18.9g	4.1g
Carbohydrate (g)	34.1g	7.4g
- sugars (g)	12.4g	2.7g
Sodium (mg)	1409mg	304mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3988kJ (953Cal)	707kJ (169Cal)
Protein (g)	52.9g	9.4g
Fat, total (g)	64.3g	11.4g
- saturated (g)	35.5g	6.3g
Carbohydrate (g)	35.9g	6.4g
- sugars (g)	13.6g	2.4g
Sodium (mg)	2409mg	427mg

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.



Get prepped

- Roughly chop cos lettuce and tomato. Slice cucumber into half-moons. Slice lemon into wedges. Finely chop garlic.
- Heat a large frying pan over medium-high heat.
 Toast flaked almonds, tossing, until golden,
 2-3 minutes. Transfer to a bowl.



Make the garlic oil

 Return the frying pan to medium-high heat with a drizzle of olive oil. Cook garlic until fragrant,
 1 minute. Transfer to a large bowl.



Make the croutons

- Cut or tear wholemeal panini into bite-sized chunks
- Return the frying pan to medium-high heat with a generous drizzle of olive oil. Cook panini until golden and slightly crispy, 4-5 minutes.



Finish the salad

- Meanwhile, add mayonnaise to the bowl of garlic oil, along with dijon mustard (see ingredients) and a squeeze of lemon juice. Whisk to combine and season to taste.
- Add cos lettuce, tomato, cucumber and croutons to the dressing.

TIP: Toss the salad just before serving to keep the leaves and croutons crisp.



Cook the haloumi

- Cut haloumi into 1cm slices.
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side.
- Remove pan from heat, add the honey and turn haloumi to coat.

Custom Recipe: If you've doubled your haloumi, cook in batches for the best result. Return all haloumi to the pan and add the honey as above.



Serve up

- Divide Ceasar-style salad between bowls. Top with honey-glazed haloumi.
- Sprinkle over toasted almonds. Serve with remaining lemon wedges. Enjoy!



