



# Honey-Glazed Haloumi & Caesar-Style Salad

with Dijon Dressing & Almonds

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Cos Lettuce



Tomato



Cucumber



Lemon



Garlic



Flaked Almonds



Wholemeal Panini



Mayonnaise



Dijon Mustard



Haloumi/Grill Cheese



Haloumi/Grill Cheese

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

Calorie Smart

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.

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

### Pantry items

Olive Oil, Honey

## 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	½	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](https://www.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

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## 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.



## 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.



## 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.



## 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.



## 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**.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)