



Honey Haloumi & Roast Veggie Salad

with Garlic Aioli & Flaked Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Onion



Aussie Spice Blend



Flaked Almonds



Haloumi/Grill Cheese



Baby Leaves



Garlic Aioli



Haloumi/Grill Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Here's a hearty vegetarian meal that brings inspiration from across the globe to your plate. Flavourful haloumi meets roasted vegetables tossed with mild spices, and there's a tangy aioli and toasted almonds to finish it off.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cauliflower	1 medium portion	1 large portion
carrot	1	2
onion	½	1
Aussie spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
haloumi/ grill cheese	1 packet	2 packets
honey*	1 tsp	2 tsp
butter*	10g	20g
baby leaves	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
haloumi/ grill cheese**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2818kJ (674Cal)	487kJ (116Cal)
Protein (g)	32g	5.5g
Fat, total (g)	39.1g	6.8g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	50.7g	8.8g
- sugars (g)	27.8g	4.8g
Sodium (mg)	1775mg	307mg
Dietary Fibre (g)	9.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4147kJ (991Cal)	611kJ (146Cal)
Protein (g)	54g	8g
Fat, total (g)	64.1g	9.4g
- saturated (g)	34.6g	5.1g
Carbohydrate (g)	52.5g	7.7g
- sugars (g)	29.1g	4.3g
Sodium (mg)	2775mg	409mg
Dietary fibre	9.5g	1.4g

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

2024 | CW17



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **cauliflower** into small florets. Cut **carrot** into thick rounds. Slice **onion** (see ingredients) into wedges.



2 Roast the veggies

- Divide **potato, cauliflower, carrot, onion** and **Aussie spice blend** between two lined oven trays.
- Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



3 Toast the almonds

- Heat a large frying pan over medium-high heat.
- Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



4 Cook the haloumi

- When the veggies have **5 minutes** cook time remaining, cut **haloumi** into 1cm-thick slices.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, pat **haloumi** dry with paper towel and cook until golden brown, **1-2 minutes** each side.
- Remove the pan from heat, then add the **honey** and **butter**, turning **haloumi** to coat.

Custom Recipe: If you've doubled your haloumi, cook in batches for best results. Return all haloumi to pan, then add the honey and butter, turning to coat.



5 Toss the veggies

- When the veggies are done, add **baby leaves** to the tray and gently toss to combine.



6 Serve up

- Divide roast veggie salad between plates. Top with honey-glazed haloumi.
- Dollop over **garlic aioli** and sprinkle with toasted almonds to serve. 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)