Greek-Style Honey Halloumi & Roast Veggies

with Sesame Seeds & Mint

HIGHEST RATED

Grab your meal kit with this number **25**

- Capsicum
- Onion
- Cauliflower
- Garlic & Herb Seasoning
- Halloumi/ Grill Cheese
- Sesame Seeds
- Mint
- Baby Leaves

Add

- Halloumi/ Grill Cheese
- Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Enjoy the delights of the Mediterranean with this dazzling salad, featuring halloumi crusted with oregano, then coated in sticky honey, plus a hearty addition of herby roasted veggies. Once people get a whiff of this herby wonder, it's a scramble for the biggest bowl available.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
capsicum	1	2
onion	½	1
cauliflower	1 large portion	2 large portions
garlic & herb seasoning	1 medium sachet	1 large sachet
halloumi/ grill cheese	1 packet	2 packets
honey*	1 tbsp	2 tbsp
sesame seeds	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
vinegar* *(red wine or balsamic)*	drizzle	drizzle
mint	½ packet	1 packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	444kJ (106Cal)
Protein (g)	29.8g	5.6g
Fat, total (g)	33.5g	6.3g
- saturated (g)	18.7g	3.5g
Carbohydrate (g)	35.7g	6.7g
- sugars (g)	28.7g	5.4g
Sodium (mg)	1400mg	264mg
Dietary Fibre (g)	6.4g	1.2g

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

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1

Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum** into bite-sized chunks. Slice **onion (see ingredients)** into wedges. Chop **cauliflower** (including stalk!) into small florets.
- Spread **cauliflower**, **capsicum** and **onion** over two lined oven trays.
- Add **garlic & herb seasoning**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

2

Get prepped

- While the veggies are roasting. Cut **halloumi** into 1cm slices.
- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl and set aside.

3

Cook the halloumi

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **halloumi** until golden brown, **1-2 minutes** each side.
- Add the **honey** and **toasted sesame seeds** to the pan, gently turning **halloumi** to coat, **1 minute**.

4

Finish & serve

- In a large bowl, combine roasted veggies, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Divide roast veggies between plates. Top with Greek-style honey halloumi.
- Tear over **mint (see ingredients)** to serve. Enjoy!

CUSTOM OPTIONS

HALLOUMI/GRILL CHEESE:
Follow method above, cooking in batches if necessary.

BEEF RUMP:
Season with salt and pepper. Cook for 4-5 minutes each side for medium-rare. Remove from heat, then add the honey and sesame seeds. Rest, then slice before serving.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO