



Honey-Glazed Haloumi & Roast Veggie Salad

with Garlic Aioli & Toasted Almonds

Grab your Meal Kit with this symbol



Potato



Cauliflower



Carrot



Red Onion



Tunisian Seasoning



Flaked Almonds



Haloumi



Baby Spinach Leaves



Garlic Aioli

Hands-on: 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 North African spices, and there's a tangy aioli and toasted almonds to finish it off.

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 portion (200g)	1 portion (400g)
carrot	1	2
red onion	1 (medium)	1 (large)
Tunisian seasoning	1½ sachets	3 sachets
flaked almonds	1 sachet	2 sachets
haloumi	1 packet	2 packets
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2965kJ (708Cal)	495kJ (118Cal)
Protein (g)	33g	5.5g
Fat, total (g)	40.2g	6.7g
- saturated (g)	15.1g	2.5g
Carbohydrate (g)	54.6g	9.1g
- sugars (g)	25.5g	4.3g
Sodium (mg)	2026mg	338mg

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.



1 Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Cut the **cauliflower** into small florets. Slice the **carrot** into rounds. Slice the **red onion** into wedges.



2 Roast the veggies

Divide the **potato, cauliflower, carrot, onion** and **Tunisian seasoning** (see ingredients) over two lined oven trays. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



3 Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **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 the **haloumi** into 1cm-thick slices. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, pat the **haloumi** dry with paper towel and cook the **haloumi** until golden brown, **1-2 minutes** each side. Remove the pan from the heat, then add the **honey** and turn to coat the haloumi.



5 Toss the veggies

Add the **baby spinach leaves** to the **roasted veggies** and gently toss to combine.



6 Serve up

Divide the roast veggie salad between plates and top with the honey-glazed haloumi. Spoon over the **garlic aioli** and sprinkle with the toasted almonds to serve.

Enjoy!