



# Middle Eastern Haloumi & Roast Veggie Toss

with Babaganoush & Pepitas

Grab your Meal Kit  
with this symbol



Beetroot



Carrot



Zucchini



Red Onion



Chermoula Spice  
Blend



Haloumi



Babaganoush



Pepitas



Baby Spinach  
Leaves



Mint



Hands-on: **10-20 mins**  
Ready in: **30-40 mins**



Naturally gluten-free  
*Not suitable for Coeliacs*



Carb Smart

A classic and colourful mix of roasted veggies and baby spinach gets a satisfying twist with squeaky haloumi and creamy babaganoush. It's the perfect recipe for a satisfying low-carb meal!

## Pantry items

Olive Oil



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                       | 2 People        | 4 People        |
|-----------------------|-----------------|-----------------|
| olive oil*            | refer to method | refer to method |
| beetroot              | 1               | 2               |
| carrot                | 1               | 2               |
| zucchini              | 1               | 2               |
| red onion             | 1               | 2               |
| chermoula spice blend | 1 sachet        | 2 sachets       |
| haloumi               | 1 packet        | 2 packets       |
| babaganoush           | 1 packet        | 2 packets       |
| pepitas               | 1 packet        | 2 packets       |
| baby spinach leaves   | 1 bag (60g)     | 1 bag (120g)    |
| mint                  | ½ bunch         | 1 bunch         |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g      |
|-------------------|-----------------|---------------|
| Energy (kJ)       | 2134kJ (510Cal) | 366kJ (87Cal) |
| Protein (g)       | 24g             | 4.1g          |
| Fat, total (g)    | 30.9g           | 5.3g          |
| - saturated (g)   | 14.7g           | 2.5g          |
| Carbohydrate (g)  | 28.4g           | 4.9g          |
| - sugars (g)      | 25g             | 4.3g          |
| Sodium (mg)       | 1640mg          | 281mg         |
| Dietary Fibre (g) | 12.8g           | 2.2g          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the veggies

Preheat the oven to **240°C/220°C fan forced**. Cut the **beetroot** into 1cm chunks. Cut the **carrot**, **zucchini** and **red onion** into bite-sized pieces. Place the **veggies**, **chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt** on a lined oven tray. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

2



## Get prepped

While the veggies are roasting, cut the **haloumi** into 1cm slices and pat dry. In a small bowl, combine the **babaganoush** with a drizzle of **water**. Set aside.

3



## Toast the pepitas

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.

4



## Cook the haloumi

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side.

5



## Toss the veggies

When the veggies are finished cooking, add the **baby spinach leaves** to the tray and toss to combine.

6



## Serve up

Divide the chermoula roasted veggies between plates and top with the haloumi. Sprinkle over the pepitas. Top with the babaganoush. Tear over the **mint** (see ingredients) to garnish.

## Enjoy!