



# Halloumi Tray Bake

with Mediterranean Roasted Vegetables and Pesto Drizzle

Classic 50 Minutes • 2 of your 5 a day • Veggie

N° 19



Potato



Bell Pepper



Courgette



Red Onion



Garlic



Halloumi



Dried Oregano



Green Pesto

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray and Bowls.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Bell Pepper***	1	2	2
Courgette**	1	1	2
Red Onion**	1	2	2
Garlic	1	2	2
Halloumi 7)**	250 g	375 g	500 g
Dried Oregano	1 sachet	1 sachet	2 sachets
Green Pesto 7)	1 sachet	2 sachets	2 sachets
Olive Oil	1 tbsp	1½ tbsp	2 tbsp

*\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.*

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	630g	100g
Energy (kJ/kcal)	3098 /740	492 /118
Fat (g)	41	6
Sat. Fat (g)	20	3
Carbohydrate (g)	57	9
Sugars (g)	15	2
Protein (g)	38	6
Salt (g)	3.08	0.49

*Nutrition for uncooked ingredients based on 2 person recipe.*

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **pepper** and discard the core and **seeds**. Chop into roughly 3cm pieces. Trim the **courgette** then halve lengthways. Slice widthways into 2cm wide slices. Halve and peel the **red onion**. Slice each half into 4 **wedges**. Peel and thinly slice the **garlic**. Drain the **halloumi** and slice widthways into 3 pieces per person.



## Roast the Bake

Roast the **veg** and **halloumi** on the middle shelf of your oven until the **veg** is soft and the **halloumi** golden around the edges, 25-30 mins.



## Roast the Potatoes!

Pop the **potatoes** onto a large roasting in a single layer. Drizzle with **oil** and sprinkle over the **oregano**. Season with **salt** and **pepper**. Toss to coat in the **oil**, then roast on the top shelf of your oven until golden, 30-35 mins.



## Finish Off

While everything is roasting, pop the **green pesto** into a small bowl and add the **olive oil** (see ingredient list for amount). Mix it together - it should be drizzling consistency. **TIP:** *Add less or no oil if you'd rather it was less oily.* If you have time, do some washing up.



## Season the Veg

Meanwhile, pop the **pepper, onion, courgette** and **garlic** clove on another baking tray, drizzle with **oil** and season with **salt** and **pepper**. Give everything a good toss to coat in the **oil**. Lay the **halloumi slices** on top of the **veg**.



## Serve your Bake

Once the **potatoes, veggies** and the **halloumi** are nicely coloured, share between your plates (keeping the **halloumi** on top for nice presentation). Spoon the **pesto** drizzle all over and dig in.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.