Hot Honey Halloumi with Roasted Veggies & Tzatziki

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This dinner brings big flavor with barely any fuss. We're searing halloumi and glazing it in a sweet-and-spicy hot honey sauce that's totally addictive. It's served over oven-roasted carrots, parsnips, beets, and squash—no peeling needed—with a drizzle of creamy tzatziki and a sprinkle of crunchy pepitas. Easy, bold, and seriously delicious.

Getting Organized

EQUIPMENT
- Baking Sheet
- Large Skillet
- Mixing Bowl

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Beets, Carrots & Parsnips
- Zucchini & Summer Squash
- Pepitas
- Halloumi
- Hot Honey Glaze
- Tzatziki Sauce

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 3, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the glaze with the halloumi in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 690 Calories, 33g Fat, 68g Carbs, 35g Protein, and 22 Freestyle Points.

Lightened-up health snapshot per serving – 580 Calories, 30g Fat, 47g Carbs, and 17g Freestyle Points, by using half of the Pepitas, half of the White Sauce, and two-thirds of the Hot Honey Glaze.

INGREDIENTS: Halloumi, Beets, Carrots, Parsnips, Zucchini, Yellow Squash, Honey, Tomatoes, White Balsamic Vinegar, Eggplant, Cream, Yogurt, Pepita, Lemon, Cilantro, Tahini, White Pepper, Crushed Red Pepper, Kosher Salt.

meez meals

1. **Get Organized**
   Preheat the oven to 400.

2. **Roast the Veggies**
   Toss the ***Beets, Carrots & Parsnips*** and ***Zucchini & Summer Squash*** with a healthy drizzle of olive oil, salt and pepper in a large mixing bowl. Arrange in a single layer on a baking sheet and bake until the veggies are starting to brown and are fork tender, about 20 to 25 minutes. Remove from the oven and toss with the ***Pepitas*** on the baking sheet**.**

3. **Sear the Halloumi**
   After the veggies have been roasting for about 10 minutes, place the ***Halloumi Cheese*** on a cutting board and cut in half lengthwise, then slice into rectangles about ¼" thick. You should have about 10 to 12 pieces per serving after slicing.

   Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the halloumi in a single layer and lightly sprinkle with pepper. Cook until one side is golden brown, about 3 minutes, then flip and cook the other side until golden brown, an additional 3 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. **Heat the Hot Honey Glaze**
   Return the now-empty skillet to the stove over medium-high heat. Bring the ***Hot Honey Glaze*** to a boil, then reduce the heat to low and cook until it thickens enough to coat the back of a spoon, 1 to 2 minutes. Turn off the heat, add back the seared halloumi, and stir until well coated.

5. **Put It All Together**
   Pour the ***Tzatziki Sauce*** on the bottom of your serving plates and top with the veggies and pepitas. Layer the hot honey halloumi no top of the veggies and enjoy!

The beets and carrots take the longest, so make sure that they are fork tender before you stop cooking!

Instructions for two servings.

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