






Cooking Made Easy

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Sumac Halloumi with Quinoa and Cherry Tomato Tabbouleh

The star of this evening's dish is a little known middle eastern delicacy called sumac. Made from the ground berries of the sumac plant it has a great citrusy, tangy flavour that perfectly balances against the creaminess of our halloumi. For this recipe, we combined Peruvian superfood quinoa with wholegrain couscous and fresh herbs to give you a palate cleansing taste of summer, whilst making sure you're still lip smackingly satisfied. Go for it!



30 min



veggie



Quinoa



Vegetable Stock Pot



Couscous



Sumac



Lemon



Halloumi



Mint



Flat Leaf Parsley



Cherry Tomatoes



Spring Onion

Ingredients

	2P	4P
Quinoa	¼ cup	½ cup
Vegetable Stock Pot 1	½	1
Couscous 2	⅓ cup	⅔ cup
Sumac	1 tsp	2 tsp
Lemon	½	1
Halloumi, sliced 3	1 block	2 blocks
Mint, chopped	2 tbsp	4 tbsp
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Cherry Tomatoes, quartered	1 punnet	2 punnets
Spring Onion, sliced	1½	3

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery | 2) Gluten

3) Milk

Nutrition per serving: Calories: 683 kcal | Protein: 23 g | Carbs: 87 g | Fat: 25 g | Saturated Fat: 7 g



1

1 Put the quinoa in a large pot of water together with the stock pot, bring to the boil and cook for 20 mins. **Tip:** *If you have a fine enough sieve, you can rinse the quinoa before putting in the water.* This will enhance the flavour. Drain well and put the quinoa back in the pot, covered with a tea towel.



4

2 Boil another 150ml of water with a pinch of salt. In a bowl, pour this water onto the couscous and cover tightly. Leave for at least 10 mins while you prepare the rest of the meal.



5

3 Mix together 1 tbsp of olive oil with the sumac. Grate a pinch of the lemon zest into the oil and mix together.



6

4 Cut the halloumi into slices just under 1cm thick. Rub them all over with the sumac flavoured oil and leave to marinate while you chop your vegetables.

5 Turn your grill to high. Finely chop the fresh mint leaves and parsley. Chop the tomatoes into quarters. Very finely slice the spring onions into discs,

separating the white and green parts.

6 Place the halloumi slices on a baking tray. Place under the grill and cook until the tops blister slightly. **Tip:** *You want to thoroughly brown the halloumi off, but don't overcook it as it will become dry.*

7 Stir up the quinoa and couscous with a fork to separate the grains. Mix them together with 1 tsp of the whites of the spring onion. Now toss in the tomatoes and the fresh herbs.

8 Serve with the halloumi slices and lemon wedges to squeeze over the top. Lastly, scatter over the greens of the spring onion for garnish.