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Tabbouleh with Grilled Halloumi and Pomegranate

May we present: the pomegranate. A symbol of birth and eternal life, as well as brimming with anti-oxidants and vitamins. A fruit of Persian origin, the pomegranate has a sweet, zingy flavour that perfectly accompanies our twist on a Middle Eastern tabbouleh. Ancient wisdom would have us believe, that it was actually this cheeky little fruit that tempted Eve in the Garden of Eden and once you've tasted this recipe, you might just see why...



Vegetable Stock Pot
(½)



Bulgur Wheat (¾ cup)



Mint (3 tbsps)



Red Onion (½)



Halloumi (1 block)



Rocket (1 bag)



Cashew Nuts (1 tbsps)




Pumpkin Seeds (1 tbsps)



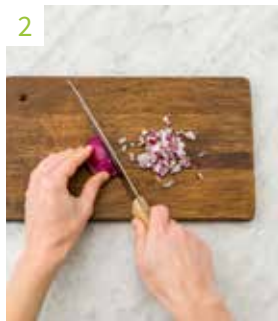
Pomegranate Seeds
(1 pack)

Ingredients

	2P	ALLERGENS
Vegetable Stock Pot	½	Celery
Bulgur Wheat	¾ cup	Gluten
Mint, chopped	3 tbsp	
Red Onion, chopped	½	
Halloumi	1 block	Milk
Rocket	1 bag	
Cashew Nuts	1 tbsp	Nut
Pumpkin Seeds	1 tbsp	
Pomegranate Seeds	1 pack	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Nutrition per serving: Calories: 906 kcal | Protein: 44 g | Carbs: 98 g | Fat: 41 g | Saturated Fat: 22 g



1 Boil 350ml of water with half your vegetable stock pot. Once the stock is boiling, add the bulgur wheat, place a lid on the pot and take off the heat to rest for around 25 mins. **Tip:** *It's ready when the water has completely soaked into the wheat.*

5 Once the bulgur wheat is ready, break it up using a fork. Mix it together with the rocket, mint and halloumi. Mix in the cooked onion, cashew nuts and pumpkin seeds.



2 Coarsely chop the mint leaves. Peel and finely chop half the onion. Finally, cut the halloumi into slices about ½cm thick.

6 Scatter your pomegranate seeds over the top and serve!



3 Heat 2 tsp of olive oil in a saucepan on medium-low heat. Cook the onion for 15 mins until soft and sweet. **Tip:** *Keep an eye on it to make sure it doesn't burn.*

4 Pre-heat your grill to high. Brush the halloumi slices with a little bit of olive oil and place them on a baking tray. Put them on as close to the heat as possible and grill each side for 1-2 mins until golden brown. At this point take them out and keep them to the side for later.



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!