



More Than Food

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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 the halloumi with couscous and fresh herbs to give you a palate-cleansing taste, whilst making sure you're still lip smackingly satisfied. Go for it!



30 mins



gluten free



veggie



Vegetable Stock Pot
(1/2)



Quinoa (3/4 cup)



Sumac (1/2 tsp)



Lemon (1/2)



Halloumi (1 block)



Mint (2 tbsp)



Flat Leaf Parsley
(3 tbsp)



Cherry Tomatoes
(1 punnet)




Cucumber (1/4)



Spring Onion (2)

Ingredients

	2 PEOPLE	ALLERGENS
Vegetable Stock Pot	½	Celery
Quinoa	¾ cup	
Sumac	½ tbsp	
Lemon	½	
Halloumi, sliced	1 block	Milk
Mint, chopped	2 tbsp	
Flat Leaf Parsley, chopped	3 tbsp	
Cherry Tomatoes, quartered	1 punnet	
Cucumber, chopped	¼	
Spring Onion, sliced	2	

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

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



1 Boil a large pot of water with half the stock pot. Put your quinoa in a sieve with very small holes and rinse for 30 seconds under running water. **Tip:** *If you don't have a sieve, don't worry about doing this!* Add your quinoa to the boiling stock and cook for 15 mins or until tender. Then cover with a clean tea towel and leave to the side until everything else is ready.



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



3 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.



4 Turn your grill to high. Finely chop the fresh mint leaves and parsley. Chop the tomatoes into quarters. Slice your cucumber lengthways into four, then finely chop widthways into small cubes. Very finely slice the spring onions into discs.

5 Place the halloumi slices on a baking tray. Pop 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.*

6 Stir up the quinoa with a fork to separate the grains. Add the herbs, tomatoes, cucumber and spring onion and mix well. Add ¼ tsp of salt, a few good grinds of black pepper, 1 tbsp of olive oil and 1 tbsp of lemon juice.

7 Serve the tabbouleh with the halloumi slices on top.