

Moroccan Spiced Halloumi, Tabbouleh and Mint Raita

When Victoria came up with this recipe she was so pleased she wouldn't stop talking about it. She had made so much, that she ate it every day for a week (and enjoyed every mouthful!). We really hope you enjoy it as much as she did!



30 mins



veggie



spicy



Bulgur Wheat (¾ cup)



Mint (1)



Natural Yoghurt (1 pot)



Vine Tomato (2)



Spring Onion (3)



Flat Leaf Parsley (4 tbsp)



Lemon (½)



Halloumi (1 block)



Harissa Powder (1 tsp)

2 PEOPLE	ALLERGENS
³⁄₄ cup	Gluten
5 tbsp	
1 pot	Milk
2	
3	
4 tbsp	
1/2	
1 block	Milk
1 tsp	
	3/4 cup 5 tbsp 1 pot 2 3 4 tbsp ½ 1 block

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

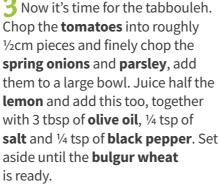
Did you know...

Halloumi gets its strong, salty flavour from the brine preserve in which it's stored. Cooking removes this and empowers it with a creamy texture.

Nutrition per serving: Calories: 573 kcal | Protein: 36 g | Carbs: 31 g | Fat: 34 g | Saturated Fat: 20 g



- Bring 350ml of water to the boil with 1/4 tsp of salt. Pour in the **bulgur wheat**, place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the bulgur wheat.
- 2 In the meantime, you can prepare everything else. First off, the mint raita. Finely chop the mint and combine with the yoghurt, 1/4 tsp of **salt** and a pinch of **black** pepper in a small bowl. Pop in your fridge for later.





4 Finally, the halloumi! Cut the halloumi into eight even slices. In a bowl, mix 1 tbsp of olive oil with the harissa powder. Tip: Add less harissa if you want the halloumi less spicy. Mix in the halloumi and make sure all sides are coated well.



5 Heat a frying pan on mediumhigh heat, and once hot add in the halloumi without adding extra oil. Fry the halloumi for 2-3 mins on each side, until slightly charred.

The **bulgur wheat** should now be ready. Strain any excess water and pop into the bowl with the rest of the tabbouleh ingredients, mix well.

Serve the spiced halloumi on top of the tabbouleh and dress with the mint raita. Enjoy!