



More Than Food
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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!



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)

Ingredients

	2 PEOPLE	ALLERGENS
Bulgur Wheat	¾ cup	Gluten
Mint	5 tbsp	
Natural Yoghurt	1 pot	Milk
Vine Tomato	2	
Spring Onion, chopped	3	
Flat Leaf Parsley, chopped	4 tbsp	
Lemon	½	
Halloumi	1 block	Milk
Harissa Powder	1 tsp	



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

1



1 Bring 350ml of water to the boil with ¼ 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



2 In the meantime, you can prepare everything else. First off, the mint raita. Finely chop the **mint** and combine with the **yoghurt**, ¼ tsp of **salt** and a pinch of **black pepper** in a small bowl. Pop in your fridge for later.

3



3 Now it's time for the tabbouleh. Chop the **tomatoes** into roughly ½cm pieces and finely chop the **spring onions** and **parsley**, add them to a large bowl. Juice half the **lemon** and add this too, together with 3 tbsp of **olive oil**, ¼ tsp of **salt** and ¼ tsp of **black pepper**. Set aside until the **bulgur wheat** is ready.

4



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 medium-high 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.

6 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.

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