



Sticky Glazed Halloumi Souvlaki

with Cheesy Fries, Harissa Yoghurt Sauce and Baby Plum Tomato Salad

36

A Little Extra 35-40 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Potatoes



Halloumi



Red Onion



Red Wine Vinegar



Baby Plum Tomatoes



Baby Gem Lettuce



Harissa Paste



Greek Style Natural Yoghurt



Grated Hard Italian Style Cheese



Greek Style Flatbreads



Red Pepper Chilli Jelly

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Baking tray, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Halloumi** 7)	225g	337g	450g
Red Onion	½	¾	1
Red Wine Vinegar 14)	24ml	36ml	48ml
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	1½	2
Harissa Paste	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Greek Style Flatbreads 13)	2	3	4
Red Pepper Chillli Jelly	25g	37½g	50g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	4281/1023	645/154
Fat (g)	49.1	7.4
Sat. Fat (g)	22.9	3.4
Carbohydrate (g)	99.6	15
Sugars (g)	25.8	3.9
Protein (g)	45.1	6.8
Salt (g)	3.91	0.59

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Eyes on the Fries

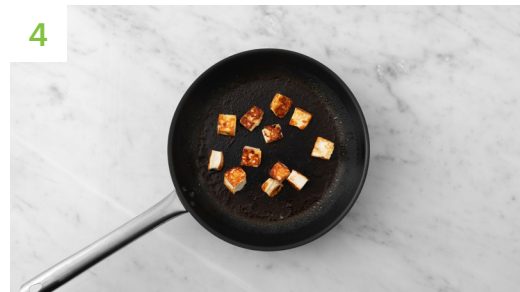
Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

Meanwhile, drain the **halloumi**, then cut it into 2cm chunks. Pop them into a small bowl of cold **water** and leave to soak.

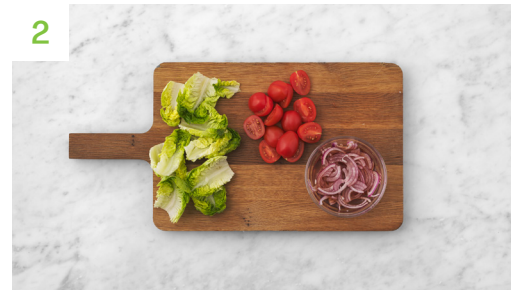


Fry the Halloumi

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins.

Once golden, remove the pan from the heat and allow to cool slightly.

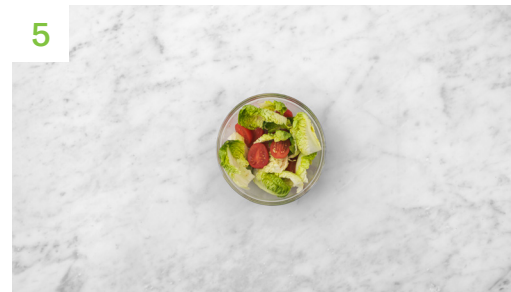


Get Prepped

Meanwhile, halve, peel and slice the **red onion** (see ingredients for amount) as thinly as you can.

Pop it into a small bowl with **half** the **red wine vinegar** and the **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside to pickle.

Halve the **tomatoes**. Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.



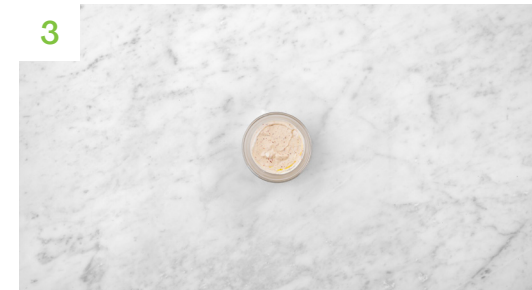
Dress the Salad

When the **chips** have 5 mins left, sprinkle over the **hard Italian style cheese**, then return to the oven for the remaining time.

Next, pop the **flatbreads** into the oven until warm, 3-4 mins.

Meanwhile, in a medium bowl, mix together the remaining **red wine vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

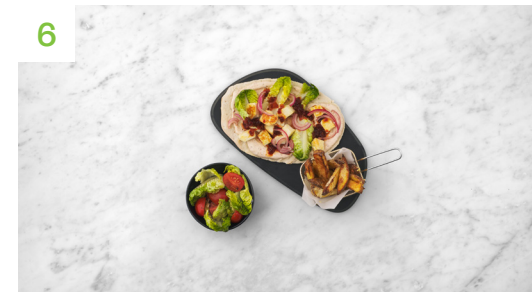
Add the **tomatoes** and **half** the **baby gem** to the bowl of **dressing**. Toss to combine.



Mix the Harissa Sauce

Remove the **halloumi chunks** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

Wipe out the (now empty) **halloumi** bowl and pop in the **harissa paste** (add less if you'd prefer things milder) and **yoghurt**. Stir to combine, then set aside.



Stack up and Serve

When ready to serve, pop a warm **flatbread** onto each plate.

Spread over the **harissa yoghurt** and scatter over the remaining **lettuce**. Top with the **halloumi**, then drizzle over the **red pepper chillli jelly**. Finish with as much **pickled onion** as you'd like.

Serve your **halloumi souvlaki** with the **cheesy fries** and **tomato salad** on the side.

Enjoy!