

# **Breaded Halloumi Steaks**

with Sweet Potato Fries and Salad

RAPID 20 Minutes • Little Heat • 2.5 of your 5 a day • Veggie









Halloumi

**Sweet Potato Fries** 



Mayonnaise







Mexican Spice





Baby Gem Lettuce



Red Wine Vinegar

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools you will need:

Two Baking Trays and Plate.

#### Ingredients

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	2P	3P	4P
Sweet Potato Fries	1 small bag	1 large bag	2 small bags
Halloumi <b>7)</b>	1 block	1½ blocks	2 blocks
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs <b>13</b> )	25g	35g	50g
Mexican Spice	1 small pot	1 large pot	1 large pot
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Baby Gem Lettuce	1	2	2
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar*	¼ tsp	1/4 tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\* Store in the Fridge

### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	432g	100g
Energy (kJ/kcal)	2837 /678	657 / 157
Fat (g)	42	10
Sat. Fat (g)	19	4
Carbohydrate (g)	44	10
Sugars (g)	8	2
Protein (g)	33	8
Salt (g)	3.64	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

#### Allergens

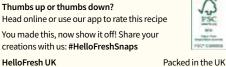
7) Milk 8) Egg 9) Mustard 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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# 1. Roast the Chips

- a) Preheat your oven to 220°C.
- b) Pop the sweet potato fries on a baking tray, drizzle with oil and season with salt and pepper.
- c) Toss to coat then spread out and roast on the middle shelf of your oven until soft and golden, 18-20 mins, turn halfway.



# 2. Prep the Halloumi

- a) Halve the halloumi lengthways so you have 2 'steaks'. Pop them in a mixing bowl.
- b) Add the mayo and coat the halloumi 'steaks' in the mayo on all sides.
- c) Mix the panko breadcrumbs with the Mexican **spice mix** on a plate. Stir in a glug of **oil**.
- d) Place the halloumi 'steaks' on the crumbs on the plate, press gently and turn so that all sides of the halloumi are coated in the crumbs.



## 3. Roast the Halloumi

- a) Lay the halloumi on a baking tray lined with baking paper.
- **b)** Bake on the top shelf of your oven until golden, 14-15 mins.



# 4. Make the Dressing

- a) Meanwhile, halve the tomatoes.
- **b)** Remove the root from the **baby gem**, halve lengthways and thinly slice widthways.
- c) Put the red wine vinegar, sugar and olive oil (see ingredients list for both amounts) in a bowl, season with salt and pepper, mix together with a fork.



## 5. Toss the Salad

- a) Add the tomatoes to the dressing, toss to coat and set aside.
- b) Once the halloumi and chips are cooked, add the baby gem to the dressing.
- c) Toss to coat.



## 6. Finish and Serve

a) Serve the halloumi on plates with the sweet potato fries and salad alongside.

Enjoy!

## There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.