



# Breaded Halloumi Steaks

with Sweet Potato Fries and Salad

N° 14

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



Sweet Potato Fries



Halloumi



Mayonnaise



Panko Breadcrumbs



Mexican Spice



Baby Plum Tomatoes



Baby Gem Lettuce



Red Wine Vinegar



## Before you start

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

### Basic cooking tools you will need:

Two Baking Trays and Plate.

### Ingredients

	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 <b>8) 9)</b>	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 <b>14)</b>	1 sachet	1½ sachets	2 sachets
Sugar*	¼ tsp	¼ 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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Packed in the UK



## 1. Roast the Chips

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



## 4. Make the Dressing

- Meanwhile, halve the **tomatoes**.
- Remove the root from the **baby gem**, halve lengthways and thinly slice widthways.
- 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.



## 2. Prep the Halloumi

- Halve the **halloumi** lengthways so you have 2 '**steaks**'. Pop them in a mixing bowl.
- Add the **mayo** and coat the **halloumi 'steaks'** in the **mayo** on all sides.
- Mix the **panko breadcrumbs** with the **Mexican spice mix** on a plate. Stir in a glug of **oil**.
- 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**.



## 5. Toss the Salad

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



## 3. Roast the Halloumi

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



## 6. Finish and Serve

- 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.