

Cajun Halloumi Wraps

with Wedges and Sweet Chilli

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day • Veggie

21



Potatoes



Halloumi



Green Pepper



Sweet Chilli
Sauce



Cajun
Blackening



Cider Vinegar



Rocket



Plain Taco
Tortilla

Pantry Items

Mayonnaise, Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, frying pan, aluminium foil and kitchen paper.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Halloumi** 7)	250g	375g	500g
Green Pepper**	1	2	2
Sweet Chilli Sauce	32g	64g	64g
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Cajun Blackening 9)	1 sachet	1 sachet	2 sachets
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Rocket**	20g	40g	40g
Plain Taco Tortilla 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	592g	100g
Energy (kJ/kcal)	4381/1047	741/177
Fat (g)	53	9
Sat. Fat (g)	23	4
Carbohydrate (g)	108	18
Sugars (g)	16	3
Protein (g)	39	7
Salt (g)	4.09	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 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, milk, egg, mustard, celery, soya, 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.

Contact

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1



Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

2



Get Prepped

Meanwhile, drain the **halloumi**, then cut it into slices (3 per person). Place them into a small bowl of **cold water** and leave to soak. Halve the **pepper** and discard the core and seeds. Slice into thin strips. In a small bowl, combine the **sweet chilli sauce** and **mayonnaise** (see ingredients for amount). Set aside.

3



Fry the Peppers

Heat a drizzle of **oil** in a large frying pan on high heat. Once the **oil** is hot, add the **pepper** and fry, stirring, until softened, 3-4 mins. Transfer to a plate and cover with foil to keep warm. Wipe out the (now empty) pan and pop on medium-high heat with a drizzle of **oil**.

4



Halloumi Time

Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Once the pan is hot, add the **halloumi** and **Cajun blackening**. Stir to coat, then fry until golden, 2-3 mins each side.

5



Make the Salad

Whilst the **halloumi** fries, pop the **cider vinegar**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts) into a bowl and mix together to make your **dressing**. Add the **rocket** and toss to coat. Pop the **tortillas** onto a baking tray and place on the middle shelf of your oven to warm through, 1-2 mins.

6



Finish and Serve

Once golden, remove the **halloumi** from the pan and cut each **slice** in half. Pop the **warmed tortillas** (3 per person) onto your plates and spread a spoonful of **sweet chilli mayo** over each. Top with the **rocket salad**, **cooked peppers** and **halloumi fingers** (2 per wrap). Serve with the **wedges** alongside.

Enjoy!