



# Chermoula Spiced Halloumi

with Summer Salad on Naan Bread

**RAPID** 20 Minutes • Little Heat • 2 of your 5 a day

N° 21



Vine Tomato



Baby Gem Lettuce



Lime



Halloumi



Chermoula Spice



Honey



Naan

## Before you start

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

### Basic cooking tools you will need:

Fine Grater, Mixing Bowl and Large Frying Pan.

### Ingredients

	2P	3P	4P
Vine Tomato	2	3	4
Baby Gem Lettuce	1	1½	2
Lime	1	1	1
Halloumi 7)	1 block	1½ blocks	2 blocks
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Honey	1 pot	1½ pots	2 pots
Naan 7) 13)	2	3	4

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	421g	100g
Energy (kJ/kcal)	3358/803	799/191
Fat (g)	42	10
Sat. Fat (g)	20	5
Carbohydrate (g)	70	17
Sugars (g)	16	4
Protein (g)	39	9
Salt (g)	4.33	1.03

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

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.

### Contact

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## 1. Prep Time

- Preheat your oven to 180°C.
- Chop the **tomatoes** into 2cm chunks.
- Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.
- Zest, then halve the **lime**.



## 4. Fry the Halloumi

- Heat a large frying pan over medium high heat.
- When hot, add the **halloumi slices**, adding a splash of **oil** if necessary.
- Cook until browned, 2-3 mins.
- Turn carefully and repeat on the other side, another 2 mins. **TIP: Avoid overcrowding the pan, you want the halloumi to brown not stew.**
- When browned on both sides, remove the pan from the heat and drizzle on the **honey**.
- Turn the **halloumi** to coat in the **honey**.



## 2. Halloumi Time

- Cut the **halloumi** block widthways into slices 1cm thick.
- Place on a plate and drizzle with **oil**.
- Sprinkle on the **chermoula spice** and use your hands to coat the **cheese** in the **spice**.



## 5. Warm the Naan

- Warm the **naans** in the oven for 3-4 mins.
- Meanwhile, add the **baby gem** and **tomatoes** to the bowl with the **dressing**.
- Toss to coat and get ready to serve.



## 3. Make the Dressing

- Squeeze the **lime juice** into a large bowl and stir in a pinch of **lime zest** and the **olive oil** (see ingredients for amount).
- Season with **salt** and **pepper**, mix well and add more **lime zest** to taste.
- We will add the **salad** ingredients to this bowl later.



## 6. Serve

- Place a naan on each plate and drizzle with **olive oil**.
- Top with the **salad** and then the **halloumi slices**.
- Drizzle on any **dressing** or **honey** that is left behind.

**Enjoy!**