



Chermoula Spiced Halloumi

with Tomato Salad on Naan Bread

N° 16

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



Medium 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:

Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Medium 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 sachet	2 sachets	2 sachets
Naan 7) 13)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



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. Dress the Salad

- 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!

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.