



# Chilli Jam Glazed Halloumi

with Parsley Bulgur, Green Peppers and Tomatoes

22

Classic 30 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Flat Leaf Parsley



Garlic Clove



Echalion Shallot



Green Pepper



Baby Plum Tomatoes



Halloumi



Sun-Dried Tomato Paste



Bulgur Wheat



Vegetable Stock Paste



Fresh Chilli Jam

## Before you start

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

## Cooking tools, you will need:

Kettle, Garlic Press, Bowl, Saucepan, Lid, Measuring Jug, Frying Pan and Kitchen Paper.

## Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Green Pepper**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Halloumi** (7)	250g	375g	500g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste (10)	10g	15g	20g
Fresh Chilli Jam	25g	37g	50g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2978 /712	751 /180
Fat (g)	34	9
Sat. Fat (g)	19	5
Carbohydrate (g)	60	15
Sugars (g)	17	4
Protein (g)	38	10
Salt (g)	4.15	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 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, Soya, Gluten & Sulphites.

## Contact

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## Prep

Fill and boil your kettle. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve, peel and finely slice the **shallot**. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Chop the **baby plum tomatoes** in half. Slice the **halloumi** widthways into 1cm thick slices. Place the **halloumi** into a small bowl of **cold water** and leave to soak.



## Cook the Veggies

Meanwhile, put a large frying pan on medium-high heat with a drizzle of **oil**. When hot, add the **peppers**. Cook, stirring occasionally, until softened, 5-6 mins. Stir in the **tomatoes** and cook until slightly softened, 2-3 mins.



## Start the Bulgur

Heat a drizzle of **oil** in a medium saucepan over medium heat. When hot, add the **shallot** and cook, stirring occasionally, until soft, 3-4 mins. Stir in the **sun-dried tomato paste**, **garlic** and **bulgur wheat**. Cook for 1 min.



## Fry the Halloumi

Transfer the **softened peppers** and **tomatoes** to a small bowl and wipe out the pan. When ready to cook, remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Pop the pan back on medium-high heat with a drizzle of **oil**. When hot, lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side. Return the **veggies** to the pan for the final min to reheat.



## Cook the Bulgur

Stir the **vegetable stock paste** and **boiling water for the bulgur wheat** (see ingredients for amount) into the same saucepan. Bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## Serve

Remove the pan from the heat, let it cool slightly. Spoon the **chilli jam** onto the **halloumi** while still in the pan and allow to melt. Turn the **halloumi** a few times to glaze it. Fluff up the **bulgur wheat** with a fork, mix in the **parsley**, and divide between your plates. Top with the **veggies** and **halloumi slices**, drizzling over any **chilli jam** left in the pan.

## 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.