



Chilli Jam Glazed Halloumi

with Parsley Bulgur, Green Peppers and Tomatoes

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie

22



Flat Leaf Parsley



Garlic Clove



Echalion Shallot



Green Pepper



Baby Plum Tomatoes



Halloumi



Pistachios



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!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, bowl, saucepan, lid, frying pan and kitchen paper.

Ingredients

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
Pistachios 2)	25g	25g	50g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Fresh Chilli Jam**	25g	37g	50g

Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	409g	100g
Energy (kJ/kcal)	3286 / 785	803 / 192
Fat (g)	40.0	9.8
Sat. Fat (g)	19.7	4.8
Carbohydrate (g)	66.7	16.3
Sugars (g)	17.2	4.2
Protein (g)	40.3	9.9
Salt (g)	4.28	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 7) Milk 10) Celery 13) Cereals containing gluten

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



Get Prepped

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. Halve the **baby plum tomatoes**.

Cut the **halloumi** into 1cm thick slices. Place into a small bowl of cold water and leave to soak.

Remove the **pistachios** from their shells, then roughly chop.

2



Bring on the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once 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.

3



Stir and Simmer

Stir the **vegetable stock paste** and boiling **water for the bulgur wheat** (see ingredients for amount) into the pan. 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.

4



Soften the Veg

Meanwhile, put a large frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper**. Cook, stirring occasionally, until softened, 5-6 mins.

Stir in the **tomatoes** and cook until slightly softened, 2-3 mins.

5



Fry the Halloumi

Once softened, transfer the **peppers** and **tomatoes** to a small bowl and wipe out the pan.

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**.

Once hot, lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side. Return the **veg** to the pan for the final min to reheat.

6



Glaze and Serve

Remove the pan from the heat and 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 and mix in the **parsley** and **pistachios**. Share between your plates.

Top with the **veg** and **glazed halloumi**, drizzling over any **chilli jam** left in the pan.

Enjoy!