



More Than Food  
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## Freekeh Pilaf with Mango Halloumi and Balsamic Charred Peppers

We've packed extra flavour into this delicious dish by caramelising the halloumi in mango chutney. The sugar in the chutney loses its water content and starts to 'brown' which gives it a beautiful glossy texture and an amazing golden caramel flavour. We hope you enjoy!

30 mins

1.5 of your 5 a day

super spicy

veggie

mealkit



Onion (1)



Red Pepper (1)



Mint (1 bunch)



Chermoula Spice Mix (1 tsp)



Freekeh (100g)



Water (200ml)



Vegetable Stock Pot (¼)



Balsamic Vinegar (1 tbsp)



Pistachios (25g)



Halloumi (1 block)




Mango Chutney (40g)



Lemon (½)

## 2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Red Pepper, chopped **1**
- Mint, chopped **1 bunch**
- Chermoula Spice Mix **1 tsp**
- Freekeh **100g**
- Water **200ml**
- Vegetable Stock Pot **¼**
- Balsamic Vinegar **1 tbsp**
- Pistachios **25g**
- Halloumi **1 block**
- Mango Chutney **40g**
- Lemon **½**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The pistachio nut is also known as the 'smiling nut' in Iran and the 'happy nut' in China.

**Allergens:** Milk, Gluten, Nut, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	670 kcal / 2801 kJ	34 g	16 g	55 g	23 g	33 g	5 g
<b>Per 100g</b>	162 kcal / 675 kJ	8 g	4 g	13 g	6 g	8 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1

**1** Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Remove the core from the **red pepper**, cut it in half then chop each half into three pieces. Pull the **mint leaves** off their stalks (discard the stalks) and roughly chop the **leaves**. Boil your kettle and preheat your oven to 200 degrees.



3

**2** Put your **onion** in a frying pan with a drizzle of **oil** on medium heat and cook for 5 mins until soft. Add the **chermoula spice mix** (use less if you're not a fan of spice) and cook for 1 minute, before adding the **freekeh** and mixing together. Pour in the **boiling water** (amount specified in the ingredient list) and the **vegetable stock pot** (remember to check your ingredient list - you don't need the whole thing!). Mix together to dissolve your **stock pot** and bring to a simmer. Once simmering, turn the heat to low, pop a lid on and leave to cook for 15 mins. Once the 15 mins are up, remove the pan from the heat and leave to rest for 5 mins.

**3** In the meantime, drizzle a little **oil** on a baking tray and add your **pepper pieces** (skin-side down). Drizzle over the **balsamic vinegar**, a pinch of **salt** and a grind of **black pepper**. Pop in your oven on the top shelf for 15-20 mins, until charred and soft, then remove from your oven.



4

**4** Put another frying pan on medium heat. Take the **pistachios** out of their shells and pop them into the pan (no oil!) to toast for a couple of mins, then remove from the pan. **Tip:** *Keep an eye on them to make sure they don't burn!*

**5** Cut the **halloumi** into slices about 1cm thick. Put the **mango chutney** into a small bowl. Put your (now empty) frying pan back on medium-high heat (no need to wash the pan!), with a drizzle of **oil**.



6

**6** Smother both sides of one of your **halloumi slices** in a little **mango chutney** and then lay in the pan. Repeat for your other slices of **halloumi**. Cook for about 3 mins on each side, or until golden, then remove from the pan. If you have any **mango chutney** left, spread it on your **halloumi slices** after they are cooked, if not, don't worry!

**7** Fluff up your **freekeh** with a fork and mix in three-quarters of your **mint** as well as a small squeeze of **lemon juice**. Taste and add more **lemon juice** if you like things zesty!

**8** Pop your **freekeh** into bowls and lay on your **pepper** and **halloumi**. Sprinkle over your **pistachios** and any remaining **mint** and enjoy!

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