

# Halloumi and Pepper Skewers

with Sweet Chilli, Spiced Wedges and Baby Gem Salad



35 Minutes • Mild Spice • 2 of your 5 a day • Veggie







Potatoes











Halloumi

Bamboo Skewers





Lemon

Bell Pepper



Medium Tomato



Baby Gem Lettuce



Sweet Chilli Sauce



#### Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

# **Cooking tools**

Baking tray, bowl, fine grater and kitchen paper.

#### Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Bamboo Skewers	4	6	8
Halloumi** 7)	250g	375g	500g
Bell Pepper***	1	2	2
Lemon**	1	1	1
Medium Tomato	1	2	2
Baby Gem Lettuce**	1	1½	2
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Sweet Chilli Sauce	32g	64g	64g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey	1 sachet	2 sachets	2 sachets
*Not Included **Ctore in the Fridge ***Dased on season			

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

#### Nutrition

	Per serving	Per 100g
for uncooked ingredient	607g	100g
Energy (kJ/kcal)	3323 /794	547/131
Fat (g)	45.3	7.5
Sat. Fat (g)	19.8	3.3
Carbohydrate (g)	64.7	10.7
Sugars (g)	24.5	4.0
Protein (g)	34.3	5.7
Salt (g)	3.21	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

7) Milk

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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### Wedges Time

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Central American style spice mix**. Toss to coat, then spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



# **Get Prepped**

Soak your **skewers** in **cold water** (this will prevent them from burning).

Drain the **halloumi**, then cut it into 4cm chunks. Place them in to a small bowl of **cold water** and leave to soak.

Halve the **pepper** and discard the core and seeds. Slice into 2cm wide strips, then chop into roughly 2cm pieces.

Zest and halve the **lemon**. Chop the **tomato** into 1cm pieces. Trim the **baby gem**, then halve lengthways. Thinly slice widthways.



#### Assemble the Skewers

Remove the **halloumi cubes** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

In another medium bowl, add the **chopped pepper**, **lemon zest**, remaining **Central American style spice mix** and a drizzle of **oil**. Season with **pepper**, then add the **halloumi** to the bowl and mix well to combine.

Carefully thread the **halloumi** and **pepper** onto the **skewers** (2 per person), alternating between the two.



## Mix the Sweet Chilli Mayo

Once the **wedges** are halfway through cooking, pop the **skewers** onto another baking tray and bake on the middle shelf until the **halloumi** is golden and the **pepper** is tender, 10-12 mins.

Meanwhile, mix together the **mayonnaise** (see ingredients for amount) and **sweet chilli sauce** in a small bowl. Set aside.



#### Make the Salad

Clean out the marinade bowl, then pop in the baby gem and tomatoes. Squeeze over half the lemon juice and drizzle with the olive oil for the dressing (see ingredients for amount).

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Toss to coat.



### Finish and Serve

Once the **halloumi skewers** are cooked, drizzle over the **honey** and share between your plates. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Drizzle the **sweet chilli mayo** over the **skewers**, then serve with the **wedges** and **salad** alongside.

Enjoy!