



Halloumi and Red Onion Skewers

with Sweet Chilli, Spiced Wedges and Baby Gem Salad

Family 35-40 Minutes • Mild Spice • 2 of your 5 a day

10



Potatoes



Central American
Style Spice Mix



Bamboo Skewers



Halloumi



Red Onion



Lemon



Medium Tomato



Baby Gem Lettuce



Sweet Chilli Sauce



Honey

Pantry Items

Mayonnaise, Olive Oil

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, zester, plate 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
Red Onion**	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 **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	576g	100g
Energy (kJ/kcal)	3303 / 789	574 / 137
Fat (g)	45.1	7.8
Sat. Fat (g)	19.7	3.4
Carbohydrate (g)	64.7	11.2
Sugars (g)	23.1	4.0
Protein (g)	34.0	5.9
Salt (g)	3.20	0.56

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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1



Wedge Time

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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.

4



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 **onion** is tender, 10-12 mins.

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

2



Get Prepped

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

Drain the **halloumi**, then cut it into 2cm chunks. Place them in to a small bowl of **cold water** and leave to soak.

Halve and peel the **red onion**, then chop each half into 4-6 **wedges**. Zest and halve the **lemon**.

Chop the **tomato** into 1cm pieces. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

5



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.

3



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 **onion wedges**, **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 **onion** onto the **skewers**, alternating between the two (2 per person).

6



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!