



HALLOUMI SHAKSHUKA

with Lemon and Herb Couscous



HELLO HALLOUMI

The UK eats more of this cheese than anywhere else in the world outside its native cyprus.



Onion



Garlic Clove



Yellow Pepper



Green Pepper



Coriander



Lemon



Halloumi



Couscous



Chermoula Spice



Finely Chopped Tomatoes

MEAL BAG

30 mins

2 of your 5 a day

Little heat

We've given the classic Middle Eastern favourite our own twist by serving it with crispy golden halloumi and a lemon and herb couscous salad. Chermoula, a middle-eastern inspired spice mix, brings a zingy fresh flavour to the rich smoky sauce which is balanced with a squeeze of fresh lemon juice and sprinkling of coriander. Quick, fresh, and filling it's the perfect recipe for a relaxed dinner at home.

7

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, two **Large Frying Pans** (one with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 GET PREPARED

Fill and boil your kettle for the **couscous**. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard their core and seeds. Slice them into thin strips. Roughly chop the **coriander** (stalks and all). Zest the **lemon** then cut in half. Chop the **halloumi** widthways into 3 slices per person.



2 START THE SHAKSHUKA

Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and **peppers** to the pan. Season with a pinch of **salt** and **pepper**, stir everything together, then cook until the **peppers** have softened, 6-8 mins stirring often.



3 COOK THE COUSCOUS

In the meantime, pop the **couscous** in a bowl with a good pinch of **salt** and **pepper** and the **olive oil** (see ingredient list for amount). Pour the boiling **water** for the couscous (see ingredients for amount) into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



4 SIMMER THE SHAKSHUKA

Once the **onion** and **peppers** have softened, stir in the **garlic** and **chermoula**. Cook for 1 minute, then pour in the finely **chopped tomatoes** and the **water** for the sauce (see ingredients for amount). Add a pinch of **sugar** and season with **salt** and **pepper**. Simmer until thick and **tomatoey**, 8-10 mins. Stir occasionally. **★ TIP:** Add a splash of water to the mixture if it gets a little thick.



5 FRY HALLOUMI

In the meantime, heat another frying pan over medium high heat (don't use any oil!). Lay the **halloumi** slices in the pan and fry until golden, 2-3 mins on each side. Once nicely coloured, remove from the heat.



6 GET READY TO SERVE

When the **tomato mixture** has thickened, pop the **halloumi** on top. Cover with the lid or foil, cook for 2 more mins to ensure the **halloumi** is hot! Fluff up the **couscous** with a fork, stir in the **lemon zest** and **half** the **coriander**. Season to taste with **salt**, **pepper** and a small squeeze of **lemon juice**. When everything is ready, share the **couscous** between bowls, spoon the **shakshuka** on top. Sprinkle over the remaining **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1½	2
Garlic Clove *	2	3	4
Yellow Pepper *	1	2	2
Green Pepper *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Halloumi 7) *	1 block	1½ blocks	2 blocks
Couscous 13)	150g	225g	300g
Olive Oil for the Couscous*	1	1½	2
Water for Couscous*	300ml	450ml	600ml
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 668G	PER 100G
Energy (kJ/kcal)	3473 / 830	520 / 124
Fat (g)	35	5
Sat. Fat (g)	19	3
Carbohydrate (g)	80	12
Sugars (g)	24	4
Protein (g)	44	7
Salt (g)	4.18	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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