



# Pan Fried Halloumi

with Mediterranean Roasted Vegetables and Pesto Drizzle

**Classic** 40 Minutes • 2 of your 5 a day • Veggie

22



Potatoes



Bell Pepper



Courgette



Red Onion



Garlic



Halloumi



Dried Oregano



Fresh Pesto



## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Frying Pan and Bowl.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Bell Pepper***	1	2	2
Courgette**	1	1	2
Red Onion**	1	2	2
Garlic Clove	1	2	2
Halloumi 7)**	250g	375g	500g
Dried Oregano	1 sachet	1 sachet	2 sachets
Fresh Pesto 7)	32g	50g	64g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

\*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	622g	100g
Energy (kJ/kcal)	3142/751	505/121
Fat (g)	42	7
Sat. Fat (g)	20	3
Carbohydrate (g)	58	9
Sugars (g)	15	3
Protein (g)	36	6
Salt (g)	3.09	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into roughly 3cm pieces. Trim the **courgette** then halve lengthways. Slice widthways into 2cm wide slices. Halve and peel the **red onion**. Slice each half into 4 **wedges**. Peel and thinly slice the **garlic**. Drain the **halloumi** and slice widthways into 3 pieces per person. Place them into a small bowl of cold **water** and leave to soak.



## Hey Pesto

While the **veg** is roasting, pop the green pesto into a small bowl and add the **olive oil** (see ingredient list for amount). Mix it together - it should be drizzling consistency. **TIP:** Add less or no oil if you'd rather it was less oily.



## Roast the Potatoes and Onion

Pop the **potatoes** and **red onion** onto a large roasting tray in a single layer. Drizzle with oil and sprinkle over the **oregano**. Season with salt and pepper. Toss to coat, then roast on the top shelf of your oven until golden, 30-35 mins.



## Fry the Halloumi

Five mins before the **veg** is ready, remove the **halloumi** slices from the cold water, pop them onto a plate lined with kitchen paper and pat them dry. Heat a drizzle of oil in a frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side. Then remove from the heat.



## Roast the Rest

Meanwhile, pop the **pepper**, **courgette** and **garlic** onto another baking tray. Drizzle with oil, season with salt and pepper and toss to coat. Five mins after the **potatoes** and **onion** have gone into the oven, pop the **courgette** and **pepper** tray onto the middle shelf and roast until tender, 25-30 mins.



## Serve

When everything is ready, share the **potatoes** and **vegetables** between your plates. Lay the **halloumi** slices on top and finish by drizzling the **pesto** all over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.