



Caramelised Halloumi

with Minted Freekeh Pilaf and Roasted Red Pepper



HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Onion



Red Pepper



Mint



Chermoula Spice Blend



Freekeh



Vegetable Stock Pot



Balsamic Vinegar



Pistachios



Halloumi Cheese



Mango Chutney



Lemon

MEAL BAG

30 mins

2 of your 5 a day

Medium heat

Veggie

You can't really go wrong with halloumi, can you? Some 'squeaky cheese' always goes down a treat at the Fresh Farm. It's delicious just simply grilled or fried but Mimi has really upped the game here by adding mango chutney. The sugar caramelises in the pan, bringing a hint of sweetness to the sharp, salty cheese. We hope you enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Frying Pan** (one with a **Lid**), a **Measuring Jug**, some **Baking Paper** and a **Baking Tray**. Now let's get cooking!



1 PREP YOUR VEGGIES

Preheat your oven to 200°C and put the kettle on to boil. Halve, peel and chop the **onion** into roughly ½cm pieces. Halve, then remove the core from the **pepper** and chop each half into three. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



2 START THE PILAF

Heat a drizzle of **oil** in a large saucepan on medium heat and add the **onion**. Cook until soft, 5 mins. Stir in the **chermoula spice blend** and **freekeh**. Add the **water** (see ingredients for amount) and **stock pot**. Stir and bring to the boil. Turn the heat to low, pop a lid on and cook for 15 mins. Remove the pan from the heat and leave for 5 mins. **★ TIP:** *The freekeh is done when soft enough to eat, but retaining some bite.*



3 ROAST THE RED PEPPER

In the meantime, drizzle a little **oil** on a lined baking tray and add the **pepper pieces** (skin-side down). Drizzle over the **balsamic vinegar** and season with a pinch of **salt** and a grind of **black pepper**. Roast on the top shelf of your oven until soft and charred around the edges, 15-20 mins.



4 TOAST THE PISTACHIOS

Remove the **pistachio nuts** from their shells (discard the shells). Heat a frying pan on medium heat. Add the **pistachios** to the pan (no oil!) and toast for a couple of mins. **★ TIP:** *Keep an eye on them to make sure they don't burn!* Remove them from the pan and set aside. Cut the **halloumi** into slices about 1cm thick. Put the **mango chutney** into a small bowl.



5 COOK THE HALLOUMI

Put your now empty frying pan back on medium-high heat (no need to wash!) and add a drizzle of **oil**. Smother both sides of each **halloumi slice** in some **mango chutney**, then lay in the pan. Cook until golden, about 3 mins on each side, then remove from the pan. If you have any **mango chutney** left, spread it on the **halloumi slices** after they are cooked, if not, don't worry!



6 FINISH AND SERVE

Fluff up the **freekeh** with a fork and mix in **three-quarters** of the **mint** and a small squeeze of **lemon juice**. Taste and add more **lemon juice, salt** or **black pepper** if desired. Serve the **freekeh** in bowls with the **roasted pepper** and **caramelised halloumi** on top. Sprinkle over the **pistachios** and any remaining **mint**. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Red Pepper, chopped	1
Mint, chopped	1 bunch
Chermoula Spice Blend	1 tsp
Freekeh 13)	100g
Water*	200ml
Vegetable Stock Pot 10) 14)	¼
Balsamic Vinegar 14)	1 tbsps
Pistachios 2)	25g
Halloumi Cheese, sliced 7)	1 block
Mango Chutney	40g
Lemon	½

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 401G	PER 100G
Energy (kcal)	761	190
(kJ)	3182	795
Fat (g)	39	10
Sat. Fat (g)	19	5
Carbohydrate (g)	61	15
Sugars (g)	27	7
Protein (g)	44	11
Salt (g)	4.56	1.14

ALLERGENS

2) Nut 7) Milk 10) Celery 13) Gluten 14) Sulphites

Vegetable Stock Pot: 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.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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