



# Pan-Fried Halloumi

with Steamed Brown Rice & Quinoa

**RAPID** 15 Minutes • 1 of your 5 a day • Veggie



Halloumi



Baby Plum Tomatoes



Mint



Red Wine Vinegar



Honey



Steamed Brown Basmati & Quinoa



Rocket



Walnuts



## Before you start

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

### Basic cooking tools you will need:

Mixing Bowl and Large Frying Pan.

### Ingredients

	2P	3P	4P
Halloumi 7)**	1 block	1½ blocks	2 blocks
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Mint**	1 bunch	1 bunch	1 bunch
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Steamed Brown Basmati & Quinoa	1 pouch	1½ pouches	2 pouches
Rocket**	1 bag	1½ bags	2 bags
Walnuts 2)	1 small bag	1 large bag	1 large bag

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	409g	100g
Energy (kJ/kcal)	3144 /752	769 /184
Fat (g)	47	12
Sat. Fat (g)	20	5
Carbohydrate (g)	43	11
Sugars (g)	13	3
Protein (g)	36	9
Salt (g)	3.71	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 14) Sulphites

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

### Contact

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Prep Time!

- Slice the **halloumi** into roughly 1cm thick slices.
- Halve the **baby plum tomatoes** and pop them in a large salad bowl.
- Pick the **mint leaves** from the stalks (discard the stalks). Roughly chop the **leaves**.
- Add **half** the **chopped mint** to the bowl with the **tomatoes**.



## 4. Cook the Rice

- Cook the **brown rice and quinoa** according to pack instructions.



## 2. Fry the Halloumi

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **halloumi** and fry until golden on both sides, turning occasionally, 4-5 mins.



## 5. Assemble the Salad

- Add the **brown rice and quinoa**, the **rocket** and **half** the **walnuts** to the bowl with the **tomatoes** and toss together.
- Drizzle over **half** the **dressing** and toss together. Season to taste with **salt** and **pepper** if needed.



## 3. Make the Dressing

- Meanwhile, in a small bowl stir together the **red wine vinegar**, **honey** and **olive oil** (see ingredients for amount).
- Season with a pinch of **salt** and **pepper**.



## 6. Serve

- Serve the **warm salad** in bowls topped with the **fried halloumi** and a scattering of the remaining **walnuts** and **mint**.
- Finish with a drizzle of the remaining **dressing**.  
**Enjoy!**