



# Honey and Sesame Crusted Halloumi with Tabbouleh

**CLASSIC** 30 Minutes • 2 of your 5 a day • Veggie

N° 22



Sesame Seeds



Red Onion



Garlic Clove



Vegetable Stock Powder



Bulgur Wheat



Halloumi



Honey



Lemon



Baby Plum Tomatoes



Spring Onion



Mint



Parsley

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Baking Tray.

### Ingredients

	2P	3P	4P
Sesame Seeds <b>3)</b>	1 small pot	1 large pot	1 large pot
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Bulgur Wheat*	240ml	360ml	480ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Bulgur Wheat <b>13)</b>	120g	180g	240g
Halloumi <b>7)**</b>	1 block	1½ blocks	2 blocks
Honey	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for Tabbouleh*	2 tbsp	3 tbsp	4 tbsp

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	386g	100g
Energy (kJ/kcal)	3146 / 752	816 / 195
Fat (g)	36	9
Sat. Fat (g)	19	5
Carbohydrate (g)	65	17
Sugars (g)	18	5
Protein (g)	40	11
Salt (g)	4.02	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**3)** Sesame **7)** Milk **10)** Celery **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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Started

Preheat your oven to 200°C. Heat a medium saucepan over medium-high heat (no oil). Once hot, add the **sesame seeds** and cook, stirring, until golden brown, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Pop the **toasted sesame seeds** into a small bowl and set aside. Don't wash the pan up! Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



## 4. Finish the Prep

Zest and halve the **lemon**. Quarter the **tomatoes**. Trim the **spring onions** then slice thinly. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **parsley** (stalks and all).



## 2. Cook the Bulgur

Return the saucepan to medium high heat with a drizzle of **oil**. Once hot, add the **onion** and cook, stirring frequently, until soft, 4-5 mins. Add the **garlic** and cook, stirring, for one minute more. Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan along with the **veg stock powder** and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 5. Finish the Tabbouleh

Once the **bulgur wheat** is cooked, fluff it up with a fork, add the **lemon zest**, juice and **olive oil** (see ingredients for amounts) and fold it through. Add the **tomatoes**, **spring onion**, **mint** and **parsley** and stir this through. Taste and season with **salt** and **pepper**.



## 3. Halloumi Time!

Meanwhile, halve the **halloumi** lengthways so you have 2 '**steaks**' from each block. Cut each of these **steaks** in half so you have 2 triangles per person. Line a baking tray with baking paper and drizzle with **oil**. Arrange the **halloumi triangles** on the baking tray. Drizzle the **honey** over the **triangles**, spreading it with the back of a spoon so the tops are evenly coated. Sprinkle over the **toasted sesame seeds**, lightly pressing them so that they stick to the **halloumi**. Pop into the oven until the **halloumi** is golden brown, 12-15 mins.



## 6. Serve!

Divide the **tabbouleh** between plates and top with the **sesame-crusted halloumi**.

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.