

# Honeyed Chermoula Spiced Halloumi with Summer Salad on Naan Bread

**Rapid** 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Courgette



Medium Tomato



Baby Gem Lettuce



Halloumi



Chermoula Spice Mix



Honey



Cider Vinegar



Plain Naan



Dukkah Mix

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Peeler, bowl, kitchen paper, baking tray and frying pan.

## Ingredients

| Ingredients                 | 2P        | 3P        | 4P        |
|-----------------------------|-----------|-----------|-----------|
| Courgette**                 | 1         | 1½        | 2         |
| Medium Tomato               | 1         | 2         | 3         |
| Baby Gem Lettuce**          | 1         | 1½        | 2         |
| Halloumi** 7)               | 250g      | 375g      | 500g      |
| Chermoula Spice Mix         | 1 sachet  | 2 sachets | 2 sachets |
| Honey                       | 2 sachets | 3 sachets | 4 sachets |
| Cider Vinegar 14)           | 1 sachet  | 1 sachet  | 2 sachets |
| Plain Naan 7) 13)           | 2         | 3         | 4         |
| Dukkah Mix 1) 2) 3) 10)     | 1 sachet  | 1 sachet  | 2 sachets |
| <b>Pantry</b>               | <b>2P</b> | <b>3P</b> | <b>4P</b> |
| Olive Oil for the Dressing* | 2 tbsp    | 3 tbsp    | 4 tbsp    |

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

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 463g        | 100g     |
| Energy (kJ/kcal)        | 3568 /853   | 770 /184 |
| Fat (g)                 | 44.1        | 9.5      |
| Sat. Fat (g)            | 19.9        | 4.3      |
| Carbohydrate (g)        | 74.2        | 16.0     |
| Sugars (g)              | 21.3        | 4.6      |
| Protein (g)             | 39.2        | 8.5      |
| Salt (g)                | 3.80        | 0.82     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 2) Nuts 3) Sesame 7) Milk 10) Celery 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

- Preheat your oven to 200°C/180°C fan/gas mark 6.
- Trim the **courgette**. Use a peeler to peel long ribbons down the length of the **courgette**, stopping at the spongy centre.
- Chop the **tomatoes** into 2cm chunks.
- Trim the **baby gem lettuce**, halve lengthways, then thinly slice widthways.



## Fry and Spice

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.
- Remove the pan from the heat and allow to cool slightly before pouring over the **chermoula honey mixture**.
- Turn the **halloumi** to coat in the **spiced honey**.



## Halloumi Time

- Drain the **halloumi**, then cut it into slices (3 per person).
- Place them into a small bowl of **cold water** and leave to soak.
- In another small bowl, mix together the **chermoula spice mix** (use less if you'd prefer things milder), **three quarters** of the **honey** and **1 tbsp** of **water** per person. Set aside. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



## Finishing Touches

- Put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Meanwhile, add the **courgette**, **baby gem** and **tomatoes** to the bowl of **salad dressing**.
- Toss to coat.



## Mix the Dressing

- Pop the **cider vinegar** and remaining **honey** into a large bowl with the **olive oil for the dressing** (see ingredients for amount).
- Season with **salt** and **pepper**, mix well, then set aside your **salad dressing**.
- Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.



## Assemble and Serve

- Place a **naan** on each plate and drizzle with a little **olive oil**.
- Top with the **salad** and **halloumi slices**.
- Sprinkle over the **dukkah** and drizzle over any remaining **dressing** and **spiced honey** from the pan to finish.

Enjoy!