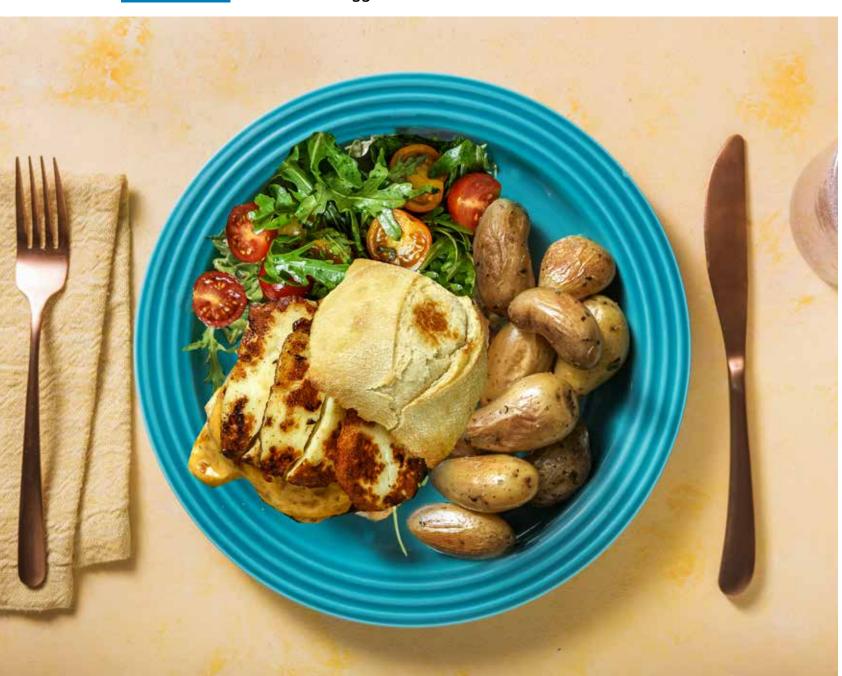


Honeyed Halloumi Ciabatta

with Sun-dried Tomato Mayo, Salad and Potatoes

EXTRA RAPID 10 Minutes • Veggie









Halloumi

Sun-dried Tomato Paste





Mayonnaise

Pre-cooked Baby Potatoes





Honey

Ciabatta





Premium Tomatoes

Balsamic Vinegar



Rocket

Before you start

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

Basic cooking tools, you will need:

Two Frying Pans.

Ingredients

_			
	2P	3P	4P
Halloumi 7) **	1 block	1½ blocks	2 blocks
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Pre-cooked Baby Potatoes**	1 pack	1½ packs	2 packs
Honey	2 sachets	3 sachets	4 sachets
Ciabatta 11) 13)	2	3	4
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Rocket**	1 bag	1½ bags	2 bags

^{*}Not Included ** Store in the Fridae

Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	4471/1069	878/210
Fat (g)	60	12
Sat. Fat (g)	21	4
Carbohydrate (g)	92	18
Sugars (g)	26	5
Protein (g)	42	8
Salt (g)	4.43	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

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

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1. Get Started

- a) Heat 2 frying pans on medium high heat.
- **b)** Slice the **halloumi** into 3 slices per person.
- c) In a small bowl mix the sun-dried tomato paste with the mayo and set aside.
- d) Add a drizzle of oil to one of the frying pans, then add the pre-cooked baby potatoes and fry till golden, turning frequently, 7-8 mins.

2. Fry the Halloumi!

- a) Add a drizzle of oil to the other frying pans, then add the halloumi slices and cook until golden, 2-3 mins each side.
- b) Once cooked, drizzle the halloumi with the honey and remove the pan from the heat.
- c) Meanwhile, slice the ciabatta in halve and halve the tomatoes.
- d) In a small bowl mix together the olive oil (see ingredients list for amount), balsamic vinegar and season with salt and pepper.
- e) Add to the tomatoes and rocket and mix together well.

3. Finish Up

- a) Spread the sun-dried tomato mayo of the base of the each ciabatta.
- **b)** Top with the **honeyed halloumi** and the top of the **ciabatta**.
- c) Serve with the potatoes, salad and any remaining mayo.

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.



Packed in the UK