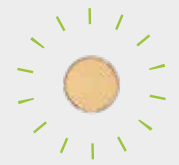




MEXICAN SPICED HALLOUMI

with Quinoa, Black Beans and Coriander



HELLO QUINOA

We cook and eat quinoa like a grain but it's actually the seed of a plant that's related to spinach!



Vegetable Stock Pot



Quinoa



Coriander



Vine Tomato



Lime



Black Turtle Beans



Halloumi



Fajita Seasoning



Rocket

MEAL BAG

Total: 20 mins

Rapid recipe

2.5 of your 5 a day

Medium heat

enjoy within 2 days

Veggie

The Mexican seasoning on this halloumi is something of a taste sensation, taking this simple twenty minute dish to showstopper status. And Chef André's talents don't stop there - nutty quinoa, juicy tomatoes, a kick of fresh zesty lime and peppery rocket are the dream accompaniments to this deliciously nutritious weeknight dinner. We'll pass your compliments to the chef!

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔗 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Measuring Jug, Large Saucepan, Fine Grater, Grater, Sieve, Plate** and a **Frying Pan**. Let's start cooking the **Mexican Spiced Halloumi with Quinoa, Black Beans and Coriander**.



1 COOK THE QUINOA

- Pour the **water** (see ingredients for amount) into a large saucepan. Stir in and dissolve the **stock pot**. Pop the pan onto medium-high heat.
- Add the **quinoa** and cook for 12-15 mins.
★ **TIP:** The quinoa is cooked when the seed has doubled in size and has visibly split.



2 CHOP THE VEGGIES

- Roughly chop the **coriander** (stalks and all).
- Chop the **tomatoes** into 1cm chunks.
- Zest then halve the **lime**.
- Drain and rinse the **black beans** in a sieve.
- Cut each block of **halloumi** into six slices.



3 SEASON THE HALLOUMI

- Pop the **halloumi** onto a plate and drizzle on a splash of **oil**.
- Sprinkle on the **fajita seasoning** and rub the seasoning all over the **cheese**.
- Pop a frying pan on medium-high heat. We will use it to cook the **halloumi** in a moment.



4 FRY THE HALLOUMI!

- When the **quinoa** has 3 mins left, add the **black beans** to the saucepan and leave to bubble away while you cook the **halloumi**.
- When the frying pan is hot, add a splash of **oil**, then cook the **halloumi** for 3 mins on each side. The **halloumi** needs to be soft and golden.



5 FINISH OFF

- When cooked, drain the **quinoa** and leave for a minute to let all the water drain out.
- Return to the pan and stir in the **tomato, lime zest** and **half** the **coriander**.
- Taste and season with **salt, pepper** and a squeeze of **lime**.



6 SERVE

- Share the **quinoa mix** between your plates.
- Top with the **halloumi cheese**.
- Sprinkle on the leftover **coriander**.
- Finish with a handful of **rocket**.

ENJOY!

2 PEOPLE INGREDIENTS

Water*	500ml
Vegetable Stock Pot (10) (14)	½
Quinoa	120g
Coriander, chopped	1 small bunch
Vine Tomato, chopped	2
Lime	1
Black Turtle Beans	1 tin
Halloumi, sliced (7)	1 block
Fajita Seasoning	1½ tsp
Rocket	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 469G	PER 100G
Energy (kcal)	726	155
(kJ)	3036	646
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	50	11
Sugars (g)	13	3
Protein (g)	46	10
Salt (g)	5.27	1.12

ALLERGENS

(7) Milk (10) Celery (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.

Halloumi: Blend of Cow's, sheep's and goat's milk, salt, microbial rennet, mint.

🧼 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

You made this, now show it off! Share your creations with us:

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

Packed in the UK

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