

# **MEXICAN TOMATO JUMBLE**

with Spiced Citrus Halloumi





### HELLO HALLOUMI

The UK eats more of this 'squeaky cheese' than any other European country apart from Cyprus.





Premium Tomato Mix

Coriander





Sweet Potato

**Red Onion** 

**Mexican Spice** 



Halloumi

30 mins



2.5 of your 5 a day

Veggie



This dish is full of beautiful, sunny colours and the reds, oranges and yellows hint to the nutrient profiles of its ingredients. Brightly coloured vegetables are richer in phytonutrients than their dull-coloured counterparts. We hope you enjoy this bowl of sunshine!



### **BEFORE YOU** TAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater, Mixing Bowl, some Baking Paper and a Baking Tray. Now, let's get cooking!



**PREP THE VEGGIES** Preheat the oven to 200°C. Cut the **tomatoes** in half and roughly chop the coriander (stalks and all). Chop the sweet potato into 2cm cubes (no need to peel). Zest the lime. Halve, peel and chop the red onion into roughly 2cm chunks.



**ROAST THE VEGGIES** In a mixing bowl, toss the sweet potato and **onion** in a splash of **olive oil**, a pinch of salt, a grind of pepper and half the Mexican **Spice**. Place on a lined baking tray in a single layer. Roast on the top shelf of your oven until golden and crisp at the edges, 20-25 mins.



**SLICE THE HALLOUMI** Cut the halloumi into roughly ½cm thick slices.



**SEASON THE HALLOUMI** In a small bowl, mix the remaining Mexican spice with the lime zest and a splash of olive oil. Roll the lime firmly on your work surface with the flat of a hand to loosen it up. Cut it in half and squeeze some lime juice into the **spice mixture** along with a pinch of **salt** and grind of **pepper**. Rub the **mixture** over the halloumi slices.



FRY THE HALLOUMI Heat a drizzle of **olive oil** in a frying pan on medium heat. Fry the **halloumi** until just golden, 2 mins on each side. \*TIP: Don't overcook the halloumi as it will become brittle and lose its wonderful texture.



6 SERVE In a large bowl toss the tomatoes with another squeeze of lime juice. Add the coriander, sweet potato and onion. Share between your plates and top with the halloumi slices. Enjoy!

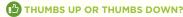
## **INGREDIENTS**

	2P	3P	4P
Premium Tomato Mix	1 punnet	1 large punnet	1 large punnet
Coriander	1 bunch		1 bunch
Sweet Potato	1	2	2
Lime	1/2	1	1
Red Onion	1	1	2
Mexican Spice	1 small pot	⅔ large pot	1 large pot
Halloumi 7)	1 block	1½ blocks	2 blocks

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 633G	PER 100G
Energy (kcal)	723	114
(kJ)	3025	478
Fat (g)	32	5
Sat. Fat (g)	19	3
Carbohydrate (g)	78	12
Sugars (g)	28	4
Protein (g)	34	5
Salt (g)	4.18	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

🔝 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.



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