



Pan Fried Halloumi

with Fresh Chilli Jam, Green Peppers, Tomatoes and Bulgur

Classic 30 Minutes • Little spice • Veggie • 1 of your 5 a day

19



Echalion Shallot



Green Pepper



Baby Plum Tomatoes



Halloumi



Tomato Puree



Bulgur Wheat



Vegetable Stock Powder



Fresh Chilli Jam

Before you start

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

Cooking tools, you will need:

Saucepan, Measuring Jug, Frying Pan, and Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Green Pepper**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Halloumi 7)**	250g	375g	500g
Tomato Puree	1 sachet	1½ sachet	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for Bulgur Wheat*	240ml	360ml	480ml
Fresh Chilli Jam	1 pot	1½ pot	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	386g	100g
Energy (kJ/kcal)	2945 /704	763 /182
Fat (g)	32	8
Sat. Fat (g)	19	5
Carbohydrate (g)	62	16
Sugars (g)	17	4
Protein (g)	38	10
Salt (g)	3.53	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep

Halve, peel and finely slice the **shallot**. Halve the **pepper** and discard the core and **seeds**. Slice into thin strips. Chop the **baby plum tomatoes** in half. Slice the **halloumi** widthways into 1cm thick slices.



Start the Bulgur

Heat a drizzle of **oil** in a medium saucepan over medium heat. When hot, add the **shallot** and cook, stirring occasionally, until soft, 3-4 mins. Stir in the **tomato puree** and **bulgur wheat**.



Cook the Bulgur

Stir the **vegetable stock powder** and the **water** for the **bulgur wheat** (see ingredients for amount) into the saucepan and bring to the boil. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Cook the Veggies

Meanwhile, put a large frying pan on medium-high heat with a drizzle of **oil**. When hot, add the **peppers** and cook, stirring occasionally, until softened, 5-6 mins. Stir in the **tomatoes** and cook until slightly softened, 2-3 mins



Fry the Halloumi

Transfer the softened **peppers** and **tomatoes** to a small bowl and wipe out the pan. Lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side. Return the **veggies** to the pan for the final minute to reheat.



Serve

Spoon the **chilli jam** onto the **halloumi** and remove the pan from the heat. The **jam** will melt and glaze the **halloumi**. Fluff up the **bulgur wheat** with a fork and divide between your plates. Top with the **veggies** and **halloumi slices**, drizzling over any **chilli jam** left in the pan.

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.