



Pan-Fried Halloumi

with Mediterranean Roasted Vegetables and Pesto Drizzle

Classic 45 Minutes • 2 of your 5 a day • Veggie



Potatoes



Bell Pepper



Courgette



Red Onion



Garlic



Halloumi



Dried Oregano



Fresh Pesto

Before you start

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

Cooking tools, you will need:

Bowl, Baking Tray, Bowl, Frying Pan, Plate and Kitchen Paper.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Courgette**	1	1	2
Red Onion**	1	2	2
Garlic**	1	2	2
Halloumi** (7)	250g	375g	500g
Dried Oregano	1 sachet	1 sachet	2 sachets
Fresh Pesto** (7)	32g	50g	64g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	622g	100g
Energy (kJ/kcal)	3208 / 766	515 / 123
Fat (g)	42	7
Sat. Fat (g)	21	3
Carbohydrate (g)	56	9
Sugars (g)	16	3
Protein (g)	37	6
Salt (g)	3.09	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **pepper** and discard the core and seeds. Chop into roughly 3cm pieces. Trim the **courgette** then halve lengthways. Slice widthways into 2cm wide slices. Halve and peel the **red onion**. Slice each half into 4 **wedges**. Peel and thinly slice the **garlic**. Drain the **halloumi** then cut it into 3 slices per person. Place them into a small bowl of **cold water** and leave to soak.



Hey Pesto

While the **veg** is roasting, pop the **fresh pesto** into a small bowl and add the **olive oil** (see ingredients for amount). Mix it together - it should be drizzling consistency. **TIP:** Add less or no oil if you'd rather it was less oily.



Roast the Potatoes and Onion

Pop the **potatoes** and **onion** onto a large roasting tray in a single layer. Drizzle with **oil** and sprinkle over the **oregano**. Season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden, 30-35 mins.



Fry the Halloumi

5 mins before the **veg** is ready, remove the **halloumi** slices from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side. Then remove from the heat.



Roast the Rest

Meanwhile, pop the **pepper**, **courgette** and **garlic** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. 5 mins after the **potatoes** and **onion** have gone into the oven, pop the **courgette** and **pepper** tray onto the middle shelf and roast until tender, 25-30 mins.



Serve

When everything is ready, share the **potatoes** and **vegetables** between your plates. Lay the **halloumi** slices on top and finish by drizzling the **pesto** all over.

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.