



Pan-Fried Halloumi with Mediterranean Roasted Vegetables and Pesto Drizzle

22

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



-  Potatoes
-  Bell Pepper
-  Courgette
-  Red Onion
-  Garlic Clove
-  Halloumi
-  Dried Oregano
-  Fresh Pesto

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, baking tray, kitchen paper and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Courgette**	1	1	2
Red Onion**	1	2	2
Garlic Clove**	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	621g	100g
Energy (kJ/kcal)	3106/742	501/120
Fat (g)	42	7
Sat. Fat (g)	21	3
Carbohydrate (g)	57	9
Sugars (g)	13	2
Protein (g)	35	6
Salt (g)	3.08	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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 baking tray. Drizzle with **oil**, season with **salt** and **pepper** then sprinkle over the **oregano**. Toss to coat then spread out in a single layer. **TIP:** Use two trays if necessary. When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



Fry the Halloumi

When 5 mins of roasting time remain, 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.



Add More Veg

Meanwhile, pop the **pepper**, **courgette** and **garlic** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. After 5 mins of **potato** roasting time, pop the **courgette** and **pepper** tray onto the middle shelf of the oven and roast until tender, 25-30 mins. Turn halfway through.



Serve

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

Enjoy!