



Pan-Fried Halloumi

with Mediterranean Inspired Roasted Vegetables and Pesto Drizzle

22

Classic 40-45 Minutes • 3 of your 5 a day • Veggie



Potatoes



Bell Pepper



Courgette



Red Onion



Garlic Clove



Halloumi



Dried Oregano



Fresh Pesto

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg 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

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)	225g	338g	450g
Dried Oregano	1 sachet	1 sachet	2 sachets
Fresh Pesto** (7)	32g	32g	64g

Pantry	2P	3P	4P
Water for the Dressing*	1 tsp	1½ tsp	2 tsp

*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	2790 /667	465 /111
Fat (g)	35.4	5.9
Sat. Fat (g)	18.2	3.0
Carbohydrate (g)	57.8	9.6
Sugars (g)	15.2	2.5
Protein (g)	32.9	5.5
Salt (g)	3.04	0.51

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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1



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel). Halve the **bell pepper** and discard the core and seeds. Chop into roughly 3cm pieces.

Trim the **courgette**, then halve lengthways. Slice widthways into 2cm thick pieces. Halve and peel the **red onion**. Slice each half into 4 wedges. Peel and thinly slice the **garlic**.

Drain the **halloumi**, then cut into slices (3 per person). Place them into a small bowl of **cold water** and leave to soak.

4



Hey Pesto

While the **veg** is roasting, pop the **fresh pesto** into a small bowl and add the **water for the dressing** (see pantry for amount).

Mix it together - it should be drizzling consistency, but add more **water** if you'd prefer it more drizzly.

2



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 baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.

5



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.

3



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 roasting time, add the **veg** tray to the middle shelf of the oven and roast until tender, 25-30 mins. Turn halfway through.

6



Serve

When everything's ready, share the **roasted potatoes and veg** between your plates.

Lay the **halloumi slices** on top and finish by drizzling the **pesto** all over.

Enjoy!