



Pan-Fried Halloumi

with Mediterranean Inspired Roasted Vegetables and Pesto Drizzle

Classic 40-45 Minutes • 2 of your 5 a day

19



Potatoes



Aubergine



Courgette



Red Onion



Garlic Clove



Halloumi



Dried Oregano



Fresh Pesto



Bacon Lardons

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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
Aubergine**	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
Water for the Drizzle*	1 tsp	1½ tsp	2 tsp
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	688g	100g
Energy (kJ/kcal)	2976 / 711	433 / 103
Fat (g)	37.9	5.5
Sat. Fat (g)	19.9	2.9
Carbohydrate (g)	56.5	8.2
Sugars (g)	14.4	2.1
Protein (g)	35.8	5.2
Salt (g)	3.08	0.45
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	733g	100g
Energy (kJ/kcal)	3464 / 828	473 / 113
Fat (g)	47.0	6.4
Sat. Fat (g)	22.8	3.1
Carbohydrate (g)	57.4	7.8
Sugars (g)	14.4	2.0
Protein (g)	43.5	5.9
Salt (g)	4.31	0.59

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). Trim the **aubergine**, then chop widthways into roughly 2cm 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.



Hey Pesto

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

Mix it together - it should be drizzling consistency.

TIP: Add more water if you'd prefer it more drizzly.



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.



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 **aubergine**, **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, pop the **courgette** and **aubergine** tray onto the middle shelf of the oven and roast until tender, 25-30 mins. Turn halfway through.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the baking tray when the **veg** has 10 mins of roasting time left. Cook for the remaining time until golden. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Serve

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

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

Enjoy!