



Roasted Butternut, Quinoa and Halloumi Salad with Tahini Dressing

Classic 35 Minutes • 2 of your 5 a day

N° 21



Butternut Squash



Lemon



Halloumi



Red and Black Quinoa



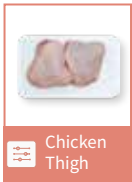
Tahini Paste



Honey



Rocket



Chicken Thigh



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

Cooking tools, you will need:

Saucepan, Fine Grater, Baking Tray, Sieve, Measuring Jug, and Frying Pan.

Ingredients

	2P	3P	4P
Butternut Squash**	1 small	1 large	2 small
Lemon**	½	1	1
Halloumi 7)**	1 block	1½ blocks	2 blocks
Red and Black Quinoa	1 bag	1½ bags	2 bags
Tahini Paste 3)	1 pot	1½ pots	2 pots
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Water*	3 tbsp	4 tbsp	6 tbsp
Rocket*	1 bag	1½ bags	2 bags
Chicken Thigh**	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	3153/754	697/167
Fat (g)	47	10
Sat. Fat (g)	21	5
Carbohydrate (g)	45	10
Sugars (g)	20	4
Protein (g)	39	9
Salt (g)	3.37	0.74

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	4479/1071	708/169
Fat (g)	67	11
Sat. Fat (g)	26	4
Carbohydrate (g)	45	7
Sugars (g)	20	3
Protein (g)	72	11
Salt (g)	3.55	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C and bring a saucepan of **water** to the boil on medium-high heat. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 2cm wide slices, then chop into 2cm chunks (no need to peel!). Zest and halve the **lemon**. Drain, then chop the **halloumi** into 2cm chunks.



Roast the Squash

Place the **butternut** on a large baking tray in a single layer. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and tender, 25-30 mins. Turn halfway through.



CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, once the **squash** is in the oven, heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken thighs** with **salt** and **pepper**, lay in the pan skin-side down and fry until golden, 4-5 mins. Turn and fry for 1 minute on the other side, transfer to the baking tray with the **butternut** and roast for the remaining 15-20 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Make the Dressing

While everything cooks, put the **tahini** in a bowl and add the **honey**, **olive oil** (see ingredient list for amount) and **water** (see ingredient list for amount). Squeeze in the **juice** from **half the lemon**, a pinch of **salt** and **pepper** and stir until smooth (use a fork if easier). Taste and add more **lemon juice**, **salt** and **pepper** if you feel it needs it. Leave to the side.



Fry the Halloumi

Heat a drizzle of **oil** in a frying pan on medium-high. Once the **oil** is hot, add the **halloumi** and fry until golden on each side, 5-6 mins total. Turn every 1-2 mins. Remove the pan from the heat. Have a tidy up if your **butternut squash** hasn't quite finished roasting.



Simmer the Quinoa

Meanwhile, add the **quinoa** and a pinch of **salt** to the boiling **water** and simmer until the **quinoa** is tender and the seed has split, about 10 mins. Drain in a sieve and leave to the side to cool.



Finish and Serve

Once everything is ready, pop the **squash**, **lemon zest**, **quinoa**, **rocket** and **half the halloumi** into a bowl. Add **three quarters** of the **dressing** and gently toss everything together. Season to taste with **salt** and **pepper**. Pop the **jumble** into bowls and top with the remaining **halloumi**. Drizzle over the remaining **dressing**. Serve with any remaining **lemon** chopped into wedges.



CUSTOM RECIPE

If you've added **chicken** to your meal, remove to a chopping board once cooked, and thinly slice. Place on top of the **jumble** along with the remaining **halloumi**. Continue with the step.