



SPANISH STYLE HALLOUMI

with Bulgur Wheat and Flaked Almonds



HELLO BULGUR

In Indian and Pakistani cuisine, bulgur wheat is eaten like a breakfast cereal with milk and sugar!



Water



Vegetable Stock Pot



Halloumi Cheese



Red Wine Vinegar



Smoked Paprika



Echalion Shallot



Garlic Clove



Red Pepper



Lemon



Flat Leaf Parsley



Ground Coriander



Bulgur Wheat



Olive Oil



Flaked Almonds



Honey



Rocket

MEAL BAG

30 mins

a little heat

1.5 of your 5 a day

Veggie

The marinade on this halloumi is something of a taste sensation. Sharp red wine vinegar, smoked paprika and sweet honey are balanced perfectly with the saltiness from the halloumi. And Chef Andre's talents don't stop there - nutty bulgur, crunchy flaked almonds and peppery rocket are the dream accompaniment to this deliciously nutritious weeknight dinner. We'll pass your compliments to the Chef!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Mixing Bowl, Fine Grater, Large Saucepan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 MARINATE THE CHEESE

Pop your kettle on to boil. Then, pour the boiling **water** (amount specified in the ingredient list) into a measuring jug and add the **vegetable stock pot**. Stir to dissolve. Slice each **halloumi block** into six slices. Pop into a mixing bowl, drizzle on the **red wine vinegar** and add **half** the **smoked paprika**. This is your marinade! Gently rub the flavours into the **halloumi** and keep to one side.



2 PREP THE VEGGIES

Halve, peel and slice the **shallot** into thin half moons. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and chop into 1cm pieces. Grate the **lemon zest** and roughly chop the **flat leaf parsley** (stalks and all).



3 COOK THE BULGUR

Heat a splash of **oil** in a large saucepan over medium-high heat. Fry the **red pepper**, 5 mins. Add the **shallot**, stir and cook for 2 mins. Then, stir in the **garlic, ground coriander** and remaining **smoked paprika** and cook for 1 minute. Pour in the **vegetable stock**, bring to the boil and add the **bulgur wheat**. Cover with a lid, remove from the heat and leave for 10-15 mins, or until the water has completely soaked into the wheat.



4 MAKE THE DRESSING

Halve the **lemon** and squeeze the **juice** from one **half** into a large bowl. Season with **salt** and **black pepper** and mix in the **olive oil** (amount specified in the ingredient list). Keep to one side, for use later.



5 FRY THE HALLOUMI

Heat a frying pan over medium heat (no oil). Add the **flaked almonds** and toast until golden, 4-5 mins. **★ TIP: Be careful, they burn easily so stir frequently.** Then transfer to a small bowl. Increase the heat to medium-high and add a splash of **oil**. Lay in the **halloumi** and cook until golden, 3 mins each side (fry in batches if your pan is small). Remove from the heat and pour in the **marinade** and the **honey**. Stir to coat the **halloumi**.



6 SERVE

Fluff up the **bulgur wheat** with a fork and stir in the **parsley** and the **toasted flaked almonds**. Add a pinch of **lemon zest**, some **lemon juice, salt** and **black pepper** to taste. Share the **bulgur wheat** between your bowls. Toss the **rocket** in the **dressing** and serve on top of the **bulgur**. Finish with the **halloumi** and any juices from the pan. **Enjoy!**

2 PEOPLE INGREDIENTS

| | |
|----------------------------|---------|
| Water* | 200ml |
| Vegetable Stock Pot 9) 12) | ½ |
| Halloumi Cheese, sliced 7) | 1 block |
| Red Wine Vinegar 12) | 1 tbsp |
| Smoked Paprika | 1½ tsp |
| Echalion Shallot, sliced | 1 |
| Garlic Clove, grated | 1 |
| Red Pepper, chopped | 1 |
| Lemon | ½ |
| Flat Leaf Parsley, chopped | 1 bunch |
| Ground Coriander | 1½ tsp |
| Bulgur Wheat 1) | 100g |
| Olive Oil* | 2 tbsp |
| Flaked Almonds 8) | 25g |
| Honey | 1 tbsp |
| Rocket | 1 bag |

*Not Included

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal) | 861 | 210 |
| (kJ) | 3588 | 875 |
| Fat (g) | 52 | 13 |
| Sat. Fat (g) | 21 | 5 |
| Carbohydrate (g) | 57 | 14 |
| Sugars (g) | 19 | 5 |
| Protein (g) | 41 | 10 |
| Salt (g) | 6 | 1 |

ALLERGENS

1)Gluten 7)Milk 8)Nuts 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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