



WARM HALLOUMI SALAD



HELLO HALLOUMI

Apart from Cyprus, the UK eats more of this cheese than anywhere else in the world!



Halloumi



Cherry Plum Tomatoes



Mint



Red Wine Vinegar



Honey



Brown Basmati Rice & Quinoa



Rocket



Walnuts

MEAL BAG

10 mins

Cook within 2 Days of Delivery

3 of your 5 a day

Rapid recipe

GET **PREPARED!**

Get out your **Utensils.**

BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 Wash the veggies.
- 🔪 Make sure you've got a **Large Frying Pan**. Let's start cooking the **Warm Halloumi Salad**.



1 PREP TIME!

- Cut the **halloumi** into roughly 1cm thick slices.
- Halve the **cherry plum tomatoes** and pop them in a large salad bowl.
- Pick the **mint leaves** from their stalks and roughly chop, (discard the stalks).
- Roughly chop the leaves. Add **half** the chopped **mint** to the bowl with the **tomatoes**.



4 COOK THE RICE

- Cook the **brown rice and quinoa** according to pack instructions.



2 FRY THE HALLOUMI

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- When hot, add the **halloumi** and fry until golden on both sides, turning occasionally, 4-5 mins.



5 ASSEMBLE THE SALAD

- Add the **brown rice and quinoa**, the **rocket** and **half** the **walnuts** to the bowl with the **tomatoes** and toss together.
- Drizzle over **half** the **dressing** and toss again. Season to taste with **salt and pepper** if needed.



3 MAKE THE DRESSING

- Meanwhile, in a small bowl stir together the **red wine vinegar**, **honey** and **olive oil** (see ingredients for amount).
- Season with a pinch of **salt and pepper**.



6 SERVE

- Serve the **warm salad** in bowls topped with the **fried halloumi** and a scattering of the remaining **walnuts** and **mint**.
- Finish with a drizzle of the remaining **dressing**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Halloumi 7)	1 block	2 blocks
Cherry Plum Tomatoes	1 small punnet	1 large punnet
Mint	1 bunch	1 bunch
Red Wine Vinegar 14)	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Olive Oil*	2 tbsp	4 tbsp
Brown Basmati Rice & Quinoa	250g	500g
Rocket	1 bag	2 bags
Walnuts 2)	1 bag	1 bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 414G	PER 100G
Energy (kcal)	700	169
(kJ)	2927	708
Fat (g)	41	10
Sat. Fat (g)	20	5
Carbohydrate (g)	44	11
Sugars (g)	14	3
Protein (g)	36	9
Salt (g)	3.72	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

- 2) Nut 7) Milk 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

📷 🐦 📘 📺 #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

