



CHARRED HALLOUMI WRAPS

with Sweet Potato Wedges and Yoghurty Carrot Salad



HELLO HALLOUMI

The UK eats more of this cheese than anywhere else in the world outside its native Cyprus.



Sweet Potato



Smoked Paprika



Carrot



Baby Gem Lettuce



Halloumi



Red Pepper & Chilli Jelly



Greek Yoghurt



Whole Wheat Soft Tortillas

MEAL BAG

35 mins

2.5 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Coarse Grater**, **Mixing Bowl**, **Frying Pan**, some **Foil** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **sweet potato** into wedges about 2cm thick (no need to peel!). Put them on a lined baking tray and drizzle over some **oil**, the **smoked paprika** and a pinch of **salt** and **pepper**. Mix together to make sure the **wedges** are nicely coated, then roast on the top shelf of your oven until crispy, 25 mins. Turn halfway through cooking.



2 PREP TIME

Meanwhile, remove the top and bottom from the **carrot** (no need to peel!) and grate on a coarse grater. Tip into a mixing bowl and set aside. Remove and discard the root from the **baby gem lettuce**, then slice thinly. Add to the bowl with the **carrot**. Cut the **halloumi** widthways into four slices per person.



3 MAKE THE DRESSING

Pop the **red pepper and chilli jelly** into a small bowl and loosen with a spoon, then stir in **three-quarters** of the **Greek yoghurt**.



4 CHAR THE HALLOUMI

Heat a splash of **oil** in a frying pan on medium-high heat and lay in the **halloumi**. Cook until golden, 3 mins on each side, then transfer to a plate and cover with foil. **★ TIP:** *If your pan isn't quite big enough, fry the halloumi in batches.*



5 TOAST THE TORTILLAS

Once the **halloumi** is cooked, wipe out your pan with some kitchen paper, pop it back on medium-high heat and lay in one of the **tortillas**. Toast until slightly charred, 1-2 mins on each side, then remove to a plate and cover with foil to keep warm. Repeat for the other **tortillas** (you need two per person). **★ TIP:** *Don't leave them in the pan too long or they will get too crispy!*



6 ASSEMBLE AND SERVE

Mix the **yoghurt dressing** into the **carrot and lettuce**. Assemble the **wraps**; add the **halloumi** first, then spoon on some **yoghurty carrot salad**. Roll up and serve with the **sweet potato wedges**. Use the remaining **yoghurt** for dipping. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	1	1	1
Smoked Paprika	1½ tsp	2 tsp	1 tbsp
Carrot	2	3	4
Baby Gem Lettuce	1	1	2
Halloumi 7)	1 block	1½ blocks	2 blocks
Red Pepper & Chilli Jelly	1 pot	1 pot	2 pots
Greek Yoghurt 7)	1 pot	1 pot	2 pots
Whole Wheat Soft Tortillas 13)	4	6	8

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 574G	PER 100G
Energy (kcal)	899	157
(kJ)	3759	655
Fat (g)	42	7
Sat. Fat (g)	23	4
Carbohydrate (g)	89	15
Sugars (g)	28	5
Protein (g)	42	7
Salt (g)	5.15	0.90

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 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 between uses.

👍 THUMBS UP OR THUMBS DOWN?

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

Packed in the UK

