



Pan-Fried Halloumi

with Chermoula Spiced Couscous, Roasted Vegetables and Coriander & Lemon Oil



HELLO HALLOUMI

The protein that sticks together in Halloumi gives the signature "squeek".



Carrot



Red Onion



Chermoula Spice Blend



Lemon



Couscous



Vegetable Stock Powder



Coriander



Halloumi



Rocket



Raisins

MEAL BAG
7

30 mins

2 of your 5 a day

Medium heat

Cook within 2 Days of Delivery

Veggie

The only country who eats more Halloumi than the UK is its native country, Cyprus. When you use it in recipes like this one, it's no surprise! Paired with light and fresh flavours like lemon and chermoula, halloumi can be quickly transformed into the hero ingredient of any vegetarian dish. Quick, simple, delicious. This recipe ticks all of the boxes.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a some **Baking Paper**, a **Baking Tray**, **Fine Grater**, **Large Mixing Bowl**, **Small Bowl**, **Measuring Jug**, some **Clingfilm** and a **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 200°C. Fill and boil your kettle, we'll use it later for the couscous. Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways. Halve, peel and quarter the **onion**. Pop them on a lined baking tray, drizzle over a splash of **oil**, **half the chermoula spice** and a pinch of **salt**. Rub the flavours over the **veggies**, then roast on the top shelf of your oven until golden, 18-20 minutes. Turn halfway through cooking.



4 FRY THE HALLOUMI

When you have removed the **veggies** from the oven, place a large frying pan over medium-high heat (no oil). Once hot, fry the **halloumi** on each side until golden brown, around 3-4 mins. Remove from the pan and set aside.



2 COOK THE COUSCOUS

Zest the **lemon** and place in a large mixing bowl along with the **couscous**, **stock powder**, remaining **chermoula spice**, **salt** and **pepper**. Pour the boiling **water** (see ingredients for amount) into the bowl and stir well to dissolve the **stock powder**, cover tightly with clingfilm (or a plate) and leave to the side for 10 mins or until ready to use.



5 FINISH THE COUSCOUS

Uncover the **couscous** and fluff it up with a fork. Mix in the **rocket**, remaining **coriander**, **half the raisins** and the rest of the **lemon juice**. Season to taste with **salt** and **pepper**. Recover and set to one side.



3 MAKE THE DRESSING

Meanwhile, roughly chop the **coriander** (stalks and all). Combine **half the coriander** with the **oil** (see ingredients for amount), the **juice** from **half the lemon**, the **sugar** (see ingredients for amount), **salt** and **pepper** in a small bowl. Stir well and set aside. Drain and thickly slice the **halloumi** into 3 slices per person.



6 TIME TO SERVE

Finally, add the **roasted vegetables** to the **couscous** and stir gently to combine. Serve the **spiced couscous** on plates, with the **sliced halloumi** on top. Drizzle over the **coriander** and **lemon dressing**. Finish with a sprinkling of the remaining **raisins**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Carrot	2	3	4
Red Onion	1	1½	2
Chermoula Spice Mix	1 small pot	1 small pot	1 large pot
Lemon	1	1	2
Couscous (13)	150g	225g	300g
Vegetable Stock Powder (10)	½ sachet	¾ sachet	1 sachet
Water*	300ml	450ml	600ml
Coriander	1 bunch	1 bunch	1 bunch
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Sugar*	½ tsp	½ tsp	1 tsp
Halloumi (7)	1 block	1½ blocks	2 blocks
Rocket	½ bag	¾ bag	1 bag
Raisins	½ packet	¾ packet	1 packet

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 472G	PER 100G
Energy (kcal)	861	182
(kJ)	3600	763
Fat (g)	40	8
Sat. Fat (g)	20	4
Carbohydrate (g)	82	17
Sugars (g)	27	6
Protein (g)	42	9
Salt (g)	4.02	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 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 in-between uses.

THUMBS UP OR THUMBS DOWN?

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