



# Honeyed Halloumi Ciabatta

with Sun-dried Tomato Mayo, Salad and Potatoes

**EXTRA RAPID** 10 Minutes • Veggie

N° 12



Halloumi



Sun-dried  
Tomato Paste



Mayonnaise



Pre-cooked Baby  
Potatoes



Honey



Ciabatta



Premium Tomatoes



Balsamic Vinegar



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Two Frying Pans.

### Ingredients

	2P	3P	4P
Halloumi <b>7)**</b>	1 block	1½ blocks	2 blocks
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Mayonnaise <b>8) 9)</b>	2 sachets	3 sachets	4 sachets
Pre-cooked Baby Potatoes**	1 pack	1½ packs	2 packs
Honey	2 sachets	3 sachets	4 sachets
Ciabatta <b>11) 13)</b>	2	3	4
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Balsamic Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Rocket**	1 bag	1½ bags	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	4471/1069	878/210
Fat (g)	60	12
Sat. Fat (g)	21	4
Carbohydrate (g)	92	18
Sugars (g)	26	5
Protein (g)	42	8
Salt (g)	4.43	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten **14)** Sulphites

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



## 1. Get Started

- Heat 2 frying pans on medium high heat.
- Slice the **halloumi** into 3 slices per person.
- In a small bowl mix the **sun-dried tomato paste** with the **mayo** and set aside.
- Add a drizzle of **oil** to one of the frying pans, then add the **pre-cooked baby potatoes** and fry till golden, turning frequently, 7-8 mins.

## 2. Fry the Halloumi!

- Add a drizzle of **oil** to the other frying pans, then add the **halloumi** slices and cook until golden, 2-3 mins each side.
- Once cooked, drizzle the **halloumi** with the **honey** and remove the pan from the heat.
- Meanwhile, slice the **ciabatta** in halve and halve the **tomatoes**.
- In a small bowl mix together the **olive oil** ( see ingredients list for amount), **balsamic vinegar** and season with **salt** and **pepper**.
- Add to the **tomatoes** and **rocket** and mix together well.

## 3. Finish Up

- Spread the **sun-dried tomato mayo** of the base of the each **ciabatta**.
- Top with the **honeyed halloumi** and the top of the **ciabatta**.
- Serve with the **potatoes**, **salad** and any remaining **mayo**.

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.