



# MEXICAN TOMATO JUMBLE

with Spiced Citrus Halloumi



## HELLO HALLOUMI

The UK eats more of this 'squeaky cheese' than any other European country apart from Cyprus.



Premium Tomato Mix



Coriander



Sweet Potato



Lime



Red Onion



Mexican Spice



Halloumi

MEAL BAG

30 mins

2.5 of your 5 a day

Medium heat

Veggie

This dish is full of beautiful, sunny colours and the reds, oranges and yellows hint to the nutrient profiles of its ingredients. Brightly coloured vegetables are richer in phytonutrients than their dull-coloured counterparts. We hope you enjoy this bowl of sunshine!

## BEFORE YOU START

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



### 1 PREP THE VEGGIES

Preheat the oven to 200°C. Cut the **tomatoes** in half and roughly chop the **coriander** (stalks and all). Chop the **sweet potato** into 2cm cubes (no need to peel). Zest the **lime**. Halve, peel and chop the **red onion** into roughly 2cm chunks.



### 2 ROAST THE VEGGIES

In a mixing bowl, toss the **sweet potato** and **onion** in a splash of **olive oil**, a pinch of **salt**, a grind of **pepper** and **half the Mexican Spice**. Place on a lined baking tray in a single layer. Roast on the top shelf of your oven until golden and crisp at the edges, 20-25 mins.



### 3 SLICE THE HALLOUMI

Cut the **halloumi** into roughly ½cm thick slices.



### 4 SEASON THE HALLOUMI

In a small bowl, mix the remaining **Mexican spice** with the **lime zest** and a splash of **olive oil**. Roll the **lime** firmly on your work surface with the flat of a hand to loosen it up. Cut it in half and squeeze some **lime juice** into the **spice mixture** along with a pinch of **salt** and grind of **pepper**. Rub the **mixture** over the **halloumi slices**.



### 5 FRY THE HALLOUMI

Heat a drizzle of **olive oil** in a frying pan on medium heat. Fry the **halloumi** until just golden, 2 mins on each side. **★ TIP:** Don't overcook the halloumi as it will become brittle and lose its wonderful texture.



### 6 SERVE

In a large bowl toss the **tomatoes** with another squeeze of **lime juice**. Add the **coriander**, **sweet potato** and **onion**. Share between your plates and top with the **halloumi slices**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

|                    | 2P          | 3P             | 4P             |
|--------------------|-------------|----------------|----------------|
| Premium Tomato Mix | 1 punnet    | 1 large punnet | 1 large punnet |
| Coriander          | 1 bunch     | 1 bunch        | 1 bunch        |
| Sweet Potato       | 1           | 2              | 2              |
| Lime               | ½           | 1              | 1              |
| Red Onion          | 1           | 1              | 2              |
| Mexican Spice      | 1 small pot | ¾ large pot    | 1 large pot    |
| Halloumi 7)        | 1 block     | 1½ blocks      | 2 blocks       |

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING 633G | PER 100G |
|-----------------------------------|------------------|----------|
| Energy (kcal)                     | 723              | 114      |
| (kJ)                              | 3025             | 478      |
| Fat (g)                           | 32               | 5        |
| Sat. Fat (g)                      | 19               | 3        |
| Carbohydrate (g)                  | 78               | 12       |
| Sugars (g)                        | 28               | 4        |
| Protein (g)                       | 34               | 5        |
| Salt (g)                          | 4.18             | 0.66     |

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

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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