



More Than Food  
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## Freekeh Pilaf with Mango Halloumi and Balsamic Charred Peppers

We've packed extra flavour into this delicious dish by caramelising the halloumi in mango chutney. The sugar in the chutney loses its water content and starts to 'brown' which gives it a beautiful glossy texture and an amazing golden caramel flavour. We hope you enjoy!



30 mins



super spicy



veggie



1.5 of your 5 a day



Onion (1)



Red Pepper (1)



Mint (1 bunch)



Chermoula Spice Mix (1 tsp)



Freekeh (100g)



Water (200ml)



Vegetable Stock Pot (¼)



Balsamic Vinegar (1 tbsp)



Pistachios (25g)



Halloumi (1 block)



Mango Chutney (40g)



Lemon (½)

## 2 PEOPLE INGREDIENTS

- Onion, chopped
- Red Pepper, chopped
- Mint, chopped
- Chermoula Spice Mix
- Freekeh
- Water

**1**  
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**1 bunch**  
**1 tsp**  
**100g**  
**200ml**

- Vegetable Stock Pot **¼**
- Balsamic Vinegar **1 tbsp**
- Pistachios **25g**
- Halloumi **1 block**
- Mango Chutney **40g**
- Lemon **½**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The pistachio nut is also known as the 'smiling nut' in Iran and the 'happy nut' in China.

**Allergens:** Gluten, Celery, Sulphites, Nut, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	677 kcal / 2830 kJ	35 g	17 g	55 g	23 g	32 g	5 g
<b>Per 100g</b>	163 kcal / 682 kJ	8 g	4 g	13 g	6 g	8 g	1 g

**Vegetable Stock Pot:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice (7%), Dried Onion (4%), Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



**1** Cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Remove the core from the **red pepper**, cut it in half then chop each half into three pieces. Pull the **mint leaves** off their stalks (discard the stalks) and roughly chop. Boil your kettle and pre-heat your oven to 200 degrees.



**2** Put your **onion** in a large pan with a drizzle of **oil** on medium heat and cook for 5 mins until soft. Add the **chermoula spice mix** (use less if you're not a fan of spice) and cook for 1 minute, before adding the **freekeh** and mixing together. Pour in the boiling **water** (amount specified in the ingredient list) and the **vegetable stock pot** (remember to check your ingredient list - you don't need the whole thing!). Mix together to dissolve your **stock pot** and bring to a simmer. Once simmering, turn the heat to low, pop a lid on and leave to cook for 15 mins. Once the 15 mins are up, remove the pan from the heat and leave to rest for 5 mins.

**3** In the meantime, drizzle a little oil on a baking tray and then add your **pepper** pieces (skin-side down). Drizzle over the **balsamic vinegar**, a pinch of **salt** and a grind of **black pepper**. Pop in your oven for 15-20 mins, until charred and soft, then remove from your oven.



**4** Put another pan on medium heat. Take the **pistachios** out of their shells and pop them into the pan (no oil!) to toast for a couple of mins, then remove from the pan. **Tip:** *Keep an eye on them to make sure they don't burn!*

**5** Cut the **halloumi** into slices about 1cm wide. Put the **mango chutney** into a small bowl. Put your (now empty) pan back on medium-high heat (no need to wash the pan!), with a drizzle of oil.



**6** Smother both sides of one of your **halloumi slices** in a little **mango chutney** and then lay in the pan. Repeat for your other slices of **halloumi**. Cook for about 3 mins on each side, or until they are golden, then remove from the pan. If you have any **mango chutney** left, spread it on your **halloumi** after it has cooked, if not, don't worry!

**7** Fluff up your **freekeh** with a fork and mix in three-quarters of your **mint** as well as a small squeeze of **lemon juice**. Taste and add more **lemon juice** if you like things zesty!

**8** Pop your **freekeh** into bowls and lay on your **pepper** and **halloumi**. Sprinkle over your **pistachios** and any remaining **mint** and enjoy!

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