



APR 2017

Smoky Pan-Fried Halloumi

with Cherry Tomato and Apple Tabbouleh

Tabbouleh is a Middle Eastern dish traditionally made with lots of parsley, tomatoes, mint and bulgur wheat! We're putting our own twist on it with the addition of cherry tomatoes and apples, served with smoky pan-fried Halloumi cheese!

Prep 30 min

Veggie



Bulgur Wheat



Halloumi Cheese



Lemon



Cherry Tomatoes



Red Onion



Mint



Parsley



Cayenne



Smoked Paprika-Sumac




Honey



Gala Apple

Ingredients

		2 People	4 People
Bulgur Wheat	1)	1 pkg (113 g)	2 pkg (227 g)
Halloumi Cheese	2)	1 pkg (150 g)	2 pkg (300 g)
Lemon		2	3
Cherry Tomatoes		1 pkg (113 g)	2 pkg (227 g)
Red Onion, chopped		½ pkg (28 g)	1 pkg (56 g)
Mint		1 pkg (10 g)	1 pkg (10 g)
Parsley		1 pkg (10 g)	2 pkg (20 g)
Cayenne 		1 pkg (½ tsp)	1 pkg (½ tsp)
Smoked Paprika-Sumac Blend		1 pkg (1 tbsp)	2 pkg (2 tbsp)
Honey		½ pkg (1½ tsp)	1 pkg (1 tbsp)
Gala Apple		1	2
Olive or Canola Oil*			

*Not Included

Allergens

1) Wheat/Blé

2) Milk/Lait

Tools

Small Pot, Zester, 2 Large Bowls, Measuring Cups, Measuring Spoons, Large Non-Stick Pan, Strainer

Ruler

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Nutrition per person Calories: 584 cal | Fat: 24 g | Protein: 28 g | Carbs: 72 g | Fibre: 15 g | Sodium: 1446 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: Wash and dry all produce. In a small pot, bring **1 cup salted water** (double for 4 people) to a boil. Cut the **tomatoes** in half. Finely chop the **parsley** and **mint leaves**. Cut the **apple** into ½-inch cubes. Zest, then juice the **lemon**. Cut **halloumi** into ¼-inch thick slices. In a large bowl, stir **½ pkg red onion** (1 pkg for 4 people) with **¼ cup lemon juice** (double for 4 people). Set aside.

2 Cook the bulgur: Add the **bulgur** to the boiling water and remove from heat. Cover with a lid and let stand until tender and water has been absorbed, 16-18 min.

3 Prep the halloumi: Meanwhile, dry the **halloumi** with paper towels. In a large bowl, whisk the **spice blend**, **1 tbsp lemon juice** (double for 4 people), **½ pkg honey** (1 pkg for 4 people), and as much **cayenne** as you like. Add a drizzle of **oil** – just enough to make the mixture runny. Add the halloumi slices and coat all over.

4 Pan-fry the halloumi: Heat a large non-stick pan over medium-high. Add the **halloumi** to the dry pan. (Keep the marinade in the bowl – we'll use it later to drizzle over the finished dish!) Cook until golden-brown, 2-3 min per side.

5 Assemble the tabbouleh: In the same bowl with the **red onion**, add the **lemon zest**, **apple**, **tomato**, **parsley**, **half the mint** and a drizzle of **oil**. (Taste and add more **lemon juice**, 1 tsp at a time, if you want the tabbouleh more tangy.)

6 Finish and serve: Stir the **bulgur** into the **tabbouleh**. Divide the **tabbouleh** between plates and serve alongside the **smoky halloumi slices**. Sprinkle with the **remaining mint** and drizzle with **remaining marinade**. Enjoy!

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