



SQUASH, QUINOA & HALLOUMI SALAD

with Tahini Dressing and Walnuts



HELLO BUTTERNUT SQUASH

It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".



Red Onion



Butternut Squash



Lemon



Halloumi



Red and Black Quinoa



Tahini Paste



Honey



Rocket



Walnuts

35 mins

2 of your 5 a day

Food fact! NASA has recommended Quinoa for it's space flights and the United Nations has suggested it for feeding people in areas where food is scarce. Quinoa has a wonderful taste that works great in a salad, particularly with the sweet and salty flavour of butternut with halloumi. When all the ingredients are cooked, drizzle the dish with tahini dressing and sprinkle with walnuts for a heavenly dinnertime experience.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Fine Grater, Large Baking Tray, Sieve** and **Frying Pan**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 220°C and bring a large saucepan of **water** to the boil on medium-high heat. Halve and peel the **red onion**. Chop each half into quarters. Trim the **butternut squash** then halve lengthways (no need to peel) and scoop out the seeds. Chop it widthways into 2cm wide **slices**, then chop into 2cm chunks (no need to peel). Zest and halve the **lemon**. Drain and chop the **halloumi** into 2cm chunks.



4 MAKE THE DRESSING

While everything cooks, put the **tahini** in a small bowl and add the **honey**, along with the **olive oil**, and **water** (see Ingredients for both amounts). Squeeze in the **juice** from **half the lemon**, a pinch of **salt** and **pepper** and stir until smooth (use a fork if easier). Taste and add more **lemon juice, salt** and **pepper** if you feel it needs it. Leave to the side.



2 ROAST THE SQUASH

Place the **butternut** on a large baking tray in a single layer. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and tender, 25-30 mins. Halfway through, add the **red onion** to the tray and turn the **squash**. Roast for the remaining time.



5 FRY THE HALLOUMI

When the **veg** is roasted, heat a drizzle of **oil** in a frying pan on medium high. When hot, add the **halloumi** and fry until golden on each side, 5-6 mins total. Turn every 1-2 mins. Remove the pan from the heat. Have a tidy up if your **veggies** haven't quite finished roasting.



3 SIMMER THE QUINOA

Meanwhile, add the **quinoa** and a pinch of **salt** to the pan of boiling **water** and simmer until the **quinoa** is tender and the seed has split, about 10 mins. Drain in a sieve and leave to cool.



6 FINISH AND SERVE

Once everything is cooked, pop the **squash** and **onion, lemon zest, quinoa, rocket** and **half the halloumi** into a large bowl. Add **three-quarters** of the **dressing** and gently toss everything together. Divide the **salad** into bowls and top with the remaining **halloumi** and drizzle over the remaining **dressing**. Sprinkle over the **walnuts**, serve with any remaining **lemon** chopped into **wedges**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Butternut Squash *	1 small	1 large	2 small
Lemon *	1	1	2
Halloumi 7) *	1 block	1½ blocks	2 blocks
Red and Black Quinoa:	50g	75g	100g
Tahini Paste 3)	1 sachet	1½ sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing *	1½ tbsp	2 tbsp	3 tbsp
Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Rocket *	1 bag	1½ bags	2 bags
Walnuts 2)	1 small bag	1 large bag	1 large bag

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 557G	PER 100G
Energy (kJ/kcal)	3558 / 851	639 / 153
Fat (g)	53	10
Sat. Fat (g)	21	4
Carbohydrate (g)	52	9
Sugars (g)	25	5
Protein (g)	42	7
Salt (g)	3.38	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 3) Sesame 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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