







More Than Food
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Summer Jumble with Halloumi and Sweet Potato

Summer is in full swing, so it's time to get a bit of rainbow colouring on your plate! My grandma always said "The more colours on your plate, the better" – so she would have loved this dish. Red and yellow and green and ... ok, so we don't have any blue, but you get the picture! So, for a meal that not only looks great, but also tastes sensational and will nourish you to your core, we've created our summer jumble.

 30 mins

 healthy



Sweet Potato (1)



Red Onion (1)



Quinoa (100g)



Red Pepper (½)



Halloumi (½ block)



Lemon (½)



Chorizo (1 pack)



Baby Spinach (½ bag)

2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Red Onion, chopped
- Quinoa
- Red Pepper, chopped

1
1
100g
½

- Halloumi
- Lemon
- Chorizo
- Baby Spinach

½ block
½
1 pack
½ bag

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

Did you know...

Halloumi has a very high melting point compared to other cheeses, which is why it can be grilled and fried without falling apart. Magic cheese.

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	527 kcal / 2200 kJ	28 g	12 g	46 g	10 g	27 g	3 g
Per 100g	125 kcal / 521 kJ	7 g	3 g	11 g	2 g	7 g	1 g

1



1 Pre-heat your oven to 200 degrees. Scrub (but don't peel) the **sweet potato** and chop into 3cm chunks. Peel and chop the **red onion** into 3cm chunks too. Coat them in a splash of **olive oil**, a pinch of **salt** and some ground **black pepper** before roasting for 20-25 mins until golden-brown.

2



2 Meanwhile, boil a large pot of water with a pinch of **salt**. Once it comes to a gentle boil add the **quinoa** and cook for around 12 mins. Take a bit out to test it - it should be soft but with a hint of firmness left in the middle. Drain your **quinoa** completely in a fine mesh sieve (so it doesn't fall through the holes!). **Tip:** *If you cook quinoa in a small amount of water you need to rinse it first to improve the flavour. We've suggested using a big pot of water so it cooks and rinses at the same time, due to the fact that it can move around in the water. Easy!*

3



3 Remove the core from the **red pepper** and cut it lengthways into thin slices. Now chop it widthways to make tiny squares. Cut the **halloumi** into thick slices (approx. 1½cm) and grate over half of the **lemon zest**.

4



4 Heat a splash of **olive oil** in a non-stick frying pan on medium heat and once hot add the **chorizo**. Cook your **chorizo** for around 4 mins until slightly crispy at the edges, then remove and keep to the side (but leave all the **oil** in the pan).

5



5 With the pan still on medium heat add in your **halloumi** slices. Cook for 2 mins on each side until they are golden and blistered, then remove and chop into little pieces.

6 Your **sweet potato** and **onion** should be just about cooked now, so take it out of your oven and put into a large bowl. Add your **chorizo**, drained **quinoa**, **halloumi**, **red pepper** and a few handfuls of **baby spinach**.

7 Grate in the remaining **lemon zest**. Chop your **lemon** in half and squeeze over some **juice**, add a drizzle of **olive oil** and gently toss your ingredients with your fingers. **Tip:** *Do this just before serving your jumble and don't toss it for more than 10 seconds (i.e. be gentle), otherwise it'll mess up your spinach leaves.*

8 Scoop out as much **jumble** as you can devour and get stuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!