



Cooking Made Easy

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Protein-Packed Summer Jumble with Halloumi & 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 min



family box



gluten free



Sweet Potato (1)



Red Onion (2)



Quinoa (1 pack)



Red Pepper (1)



Halloumi (1 block)



Lemon (1)



Chorizo (2 packs)



Baby Spinach (a few handfuls)

Ingredients

	2P	4P
Sweet Potato, chopped	-	1
Red Onion, chopped	-	2
Quinoa	-	1 pack
Red Pepper, diced	-	1
Halloumi 1	-	1 block
Lemon	-	1
Chorizo 2	-	2 packs
Baby Spinach	-	a few handfuls

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk | 2) Sulphites

Nutrition per serving: Calories: 662 kcal | Protein: 30 g | Carbs: 44 g | Fat: 30 g | Saturated Fat: 15 g



1 Pre-heat your oven to 200 degrees. Scrub (but don't peel) the sweet potatoes and chop into 3cm chunks. Peel and chop the red onions into 3cm chunks too. Coat in 1½ tbsp of olive oil, ¼ tsp salt and some ground black pepper before roasting them for 20-25 mins until golden brown.



2 Meanwhile boil a large pot of water with ½ tsp of salt. Once it comes to a gentle boil add the quinoa and cook for around 10 mins. Take a bit out to test it - it should be soft but with a hint of firmness left in the middle. Drain the 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. Here you're using a big pot of water so it cooks and rinses it at the same time. Easy!*



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



4 Heat 2 tsp olive oil in a non-stick pan on medium heat and

once hot add the chopped chorizo. Cook the 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 With the pan still on medium heat add in the 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 the oven and use a large bowl to mix it with the chorizo, drained quinoa, halloumi, diced red pepper and a few handfuls of baby spinach.

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

8 Scoop out as much jumble as you or your little 'uns can handle and get stuck in!

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