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## Harissa Halloumi with Pomegranate Tabbouleh

Undoubtedly one of the most beautiful ingredients you can lay your mits on, the pomegranate has been celebrated as a symbol of ambition and prosperity since Ancient Egypt. In fact it seems that pretty much every ancient culture from the Middle East to the Far East has drawn, praised and written about it. For tonight's dinner you'll be taking the bold step of cooking with it and we're pretty sure you'll be making your own little piece of dinner time history.



Lemon



Bulgur Wheat



Red Onion



Flat Leaf Parsley



Vine Tomato



Pomegranate



Natural Yoghurt




Halloumi



Rose Harissa Paste

## Ingredients

	2P	4P
Lemon	½	1
Bulgur Wheat <b>1</b>	¾ cup	1½ cups
Red Onion, chopped	½	1
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Vine Tomato, chopped	2	4
Pomegranate	½	1
Natural Yoghurt <b>2</b>	1 pot	2 pots
Halloumi <b>2</b>	1 block	2 blocks
Rose Harissa Paste <b>3</b>	½ tbsp	1 tbsp

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

## Allergens

**1)** Gluten | **2)** Milk  
**3)** Soya

**Nutrition per serving:** Calories: 859 kcal | Protein: 43 g | Carbs: 98 g | Fat: 36 g | Saturated Fat: 21 g

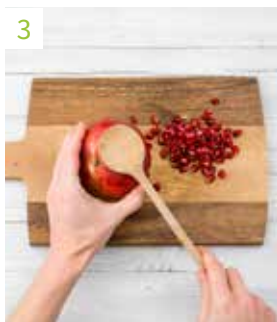
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**1** Bring 250ml of water to the boil and grate the zest of half your lemon. Pour the bulgur wheat into the boiling water and add the zest and ¼ tsp of salt. Place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.

**5** Once ready add 1 tbsp of olive oil and 1 tbsp of lemon juice to the bulgur wheat. Mix in the onion, tomato and two-thirds of the parsley.

3



**2** Peel and finely chop half your onion and roughly chop the parsley. Cut the tomatoes in half and squeeze out the liquidy centre (discard this) and roughly chop the flesh.

**6** Slice the halloumi widthways into ½cm slices.

6



**3** Cut the pomegranate in half widthways. Hold half in one hand and whack the back of it with a wooden spoon to pop the seeds out. **Tip:** We recommend you don't wear a white top while you do this...

**7** Coat the halloumi with the harissa. Heat a frying pan on medium-high heat and add 2 tsp of olive oil. Once hot add the halloumi slices and cook until just golden on each side, then remove.

**Tip:** Don't overcook the halloumi, it's so much better when it's golden but slightly squidgy.

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**4** Mix the yoghurt with 1 tbsp of lemon juice and a pinch of salt and pepper.

**8** Serve the halloumi with the bulgur wheat salad and sprinkle the pomegranate seeds over the top with the remaining parsley. Drizzle with the yoghurt and fill your boots!