



Honeyed Halloumi on Harissa Tabbouleh with Chickpeas, Tomatoes and Zesty Yoghurt

18

Rapid 20 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Chickpeas



Harissa Paste



Vegetable Stock Paste



Bulgur Wheat



Medium Tomato



Lemon



Halloumi



Greek Style Natural Yoghurt



Honey

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, sieve, lid, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Chickpeas	½ carton	¾ carton	1 carton
Harissa Paste 14)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Medium Tomato	1	2	2
Lemon**	½	1	1
Halloumi** 7)	225g	337g	450g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Honey	15g	30g	30g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3440 / 822	884 / 211
Fat (g)	42.8	11.0
Sat. Fat (g)	20.1	5.2
Carbohydrate (g)	72.7	18.7
Sugars (g)	17.4	4.5
Protein (g)	38.7	10.0
Salt (g)	4.27	1.10

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Spice the Chickpeas

a) Fill and boil your kettle. Heat a drizzle of **oil** in a large saucepan on medium-high heat.

b) Drain and rinse the **chickpeas** (see ingredients for amount) in a sieve.

c) Once hot, add the **chickpeas** and **harissa paste** (add less if you'd prefer things milder). Stir and cook for 1 min.



Fry the Halloumi

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.

c) Meanwhile, in a small bowl, combine the **yoghurt** and **half the lemon zest**.

d) Season with **salt** and **pepper**. Stir together and set aside.



Bring on the Bulgur

a) Add the **boiled water for the bulgur** (see pantry for amount) and **veg stock paste** to the pan.

b) Stir in the **bulgur**, then bring back up to the boil and simmer for 1 min.

c) Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Tabbouleh Time

a) When the **halloumi** is cooked, remove the pan from the heat and drizzle over the **honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Once the **bulgur** is cooked, stir through the **tomato chunks** and the remaining **lemon zest**.

c) Add **salt**, **pepper** and **lemon juice** to taste.



Get Prepped

a) Meanwhile, cut the **tomato** into 2cm chunks.

b) Zest and halve the **lemon** (see ingredients for amount).

c) Cut the **halloumi** into slices (3 per person).



Serve

a) Share the **harissa tabbouleh** between your plates and top with the **halloumi slices**.

b) Finish with a dollop of **zesty yoghurt**.

Enjoy!