



Chimi-Harissa Halloumi Salad with Avocado and Rocket

Lunch 20-25 Minutes • **Medium Spice** • 1 of your 5 a day • Veggie

12A

Find all your unchilled Market items in bag A.



Halloumi



Avocado



Flat Leaf Parsley



Garlic Clove



Red Wine Vinegar



Harissa Paste



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Olive Oil

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

Bowl, garlic press, kitchen paper and frying pan.

Ingredients

Ingredients	Quantity
Halloumi** 7)	250g
Avocado	1
Flat Leaf Parsley**	2 bunches
Garlic Clove**	1
Red Wine Vinegar 14)	12g
Harissa Paste 14)	50g
Wild Rocket**	80g

Pantry	Quantity
Olive Oil for the Dressing*	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3117 / 745	1086 / 260
Fat (g)	66.1	23
Sat. Fat (g)	22.5	7.8
Carbohydrate (g)	8.6	3.0
Sugars (g)	5.8	2.0
Protein (g)	28.9	10.1
Salt (g)	2.96	1.03

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

Allergens

7) Milk 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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1



2



3



Get Prepped

a) Drain the **halloumi**, then cut into 1cm chunks. Place into a small bowl of **cold water** and leave to soak.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

c) Finely chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

d) To make the **chimi-harissa dressing**, in a small bowl, mix the **parsley**, **garlic**, **red wine vinegar**, **harissa paste** (add less if you'd prefer things milder) with the **olive oil for the dressing** (see pantry for amount) and $\frac{1}{4}$ **tsp salt**. Season with **pepper** and mix until combined.

Hello Halloumi

a) Remove the **halloumi chunks** from the **water**, pop them onto a plate lined with kitchen paper and pat them dry.

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

c) Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins.

Lunch is Served

a) In a large bowl, add the **avocado**, **rocket**, **chimi-harissa dressing**, **half the halloumi** and **half the avocado**. Gently mix until combined.

b) Divide between 2 serving bowls and top with the remaining **avocado** and **halloumi** to finish.

Enjoy!