



Sweet & Sticky Mango Halloumi Side Dish

with Fresh Chilli and Toasted Almonds

Special Sides 10-15 Minutes • Medium Spice • Veggie

4A

Find all your unchilled Market items in bag A.



Halloumi



Lime



Mango Chutney



Chilli Flakes



Toasted Flaked Almonds

Pantry Items
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

Kitchen paper, fine grater and frying pan.

Ingredients

Ingredients	Quantity
Halloumi** 7)	225g
Lime**	1
Mango Chutney	40g
Chilli Flakes	1 pinch
Toasted Flaked Almonds 2)	15g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	180g	100g
Energy (kJ/kcal)	1925 /460	1068 /255
Fat (g)	31.9	17.7
Sat. Fat (g)	16.9	9.4
Carbohydrate (g)	17.7	9.8
Sugars (g)	13.9	7.7
Protein (g)	27.1	15.0
Salt (g)	2.73	1.52

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

Allergens

2) Nuts 7) Milk

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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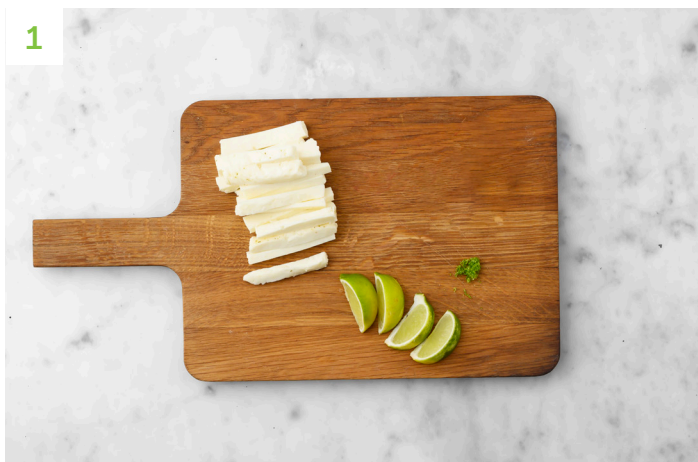
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1



Hello Halloumi

- Drain the **halloumi**, pat dry with kitchen paper and slice into 1cm thick batons.
- Zest and cut the **lime** into wedges.

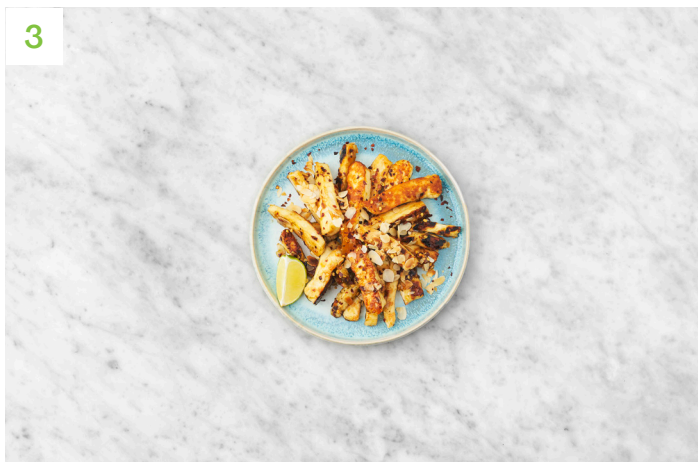
2



Into the Pan

- Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, fry the **halloumi** until golden, turning frequently, 4-5 mins.
- Remove the pan from the heat and add the **mango chutney**, **half** the **chilli flakes**, the **lime zest** and **half** the **toasted flaked almonds**.
- Stir until the **halloumi** is well coated.

3



Finish and Serve

- Add your **sticky mango halloumi** to a sharing dish.
- Sprinkle over the remaining **chilli flakes** and **toasted flaked almonds**.
- Serve with **lime wedges** for squeezing over.

Enjoy!