



Sweet and Sticky Honey-Sesame Halloumi with Lime

Special Sides 10-15 Minutes • Medium Spice

7A

Find all your unchilled Market items in bag A.



Halloumi



Red Chilli



Lime



Honey



Roasted White Sesame Seeds

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
Red Chilli**	1
Lime**	1
Honey	15g
Roasted White Sesame Seeds 3)	7g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	175g	100g
Energy (kJ/kcal)	1764 /422	1007 /241
Fat (g)	30.1	17.1
Sat. Fat (g)	17.0	9.7
Carbohydrate (g)	13.7	7.8
Sugars (g)	9.8	5.6
Protein (g)	26.3	15.0
Salt (g)	2.48	1.42

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

Allergens

3) Sesame 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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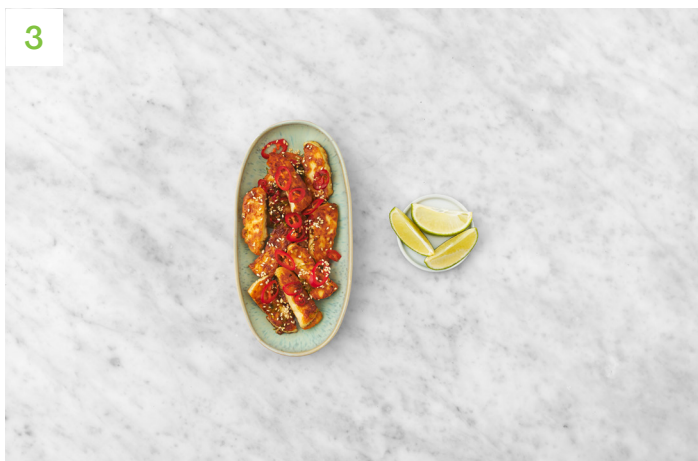
1



2



3



Hello Halloumi

- Drain the **halloumi**, pat dry with kitchen paper and slice into 1cm thick batons.
- Thinly slice the **red chilli** (prepare less if you'd prefer things milder).
- Zest and cut the **lime** into wedges.

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 **honey**, **lime zest**, **half** the **chilli** and **half** the **sesame seeds**.
- Stir until the **halloumi** is well coated.

Finish and Serve

- Transfer your **sticky honey-sesame halloumi** to a sharing dish.
- Sprinkle over the remaining **chilli** and **sesame seeds**.
- Serve with **lime wedges** for squeezing over.

Enjoy!