

# Glazed Halloumi on Harissa Tabbouleh with Chickpeas, Tomatoes and Zesty Yoghurt

**Classic** 20 Minutes • **Medium Spice** • 2 of your 5 a day

22



Halloumi



Chickpeas



Vegetable Stock  
Paste



Bulgur Wheat



Medium Tomato



Lemon



Greek Style  
Natural Yoghurt



Red Pepper Chilli  
Jelly



Harissa Paste



## 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, kettle, sieve, saucepan, lid, fine grater, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Halloumi** <b>7)</b>	225g	337g	450g
Chickpeas	½ carton	¾ carton	1 carton
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Bulgur Wheat <b>13)</b>	120g	180g	240g
Medium Tomato	1	2	2
Lemon**	1	1	1
Greek Style Natural Yoghurt** <b>7)</b>	75g	120g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Harissa Paste <b>14)</b>	50g	75g	100g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	220ml	330ml	440ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>523g</b>	<b>100g</b>
Energy (kJ/kcal)	3466 /828	663 /158
Fat (g)	42.7	8.2
Sat. Fat (g)	20.0	3.8
Carbohydrate (g)	75.5	14.4
Sugars (g)	18.4	3.5
Protein (g)	38.9	7.4
Salt (g)	4.35	0.83

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, mollusc, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Get Started

- Drain the **halloumi**, then cut it into 3 slices per person. Place them into a small bowl of **cold water** and leave to soak.
- Meanwhile, boil a full kettle.
- Drain and rinse the **chickpeas** in a sieve.



## Fry the Halloumi

- Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.
- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.



## Bring on the Bulgur

- Pour the **water for the bulgur wheat** (see pantry for amount) into a large saucepan, stir in the **veg stock paste** and bring to the boil.
- Stir in the **bulgur** and **chickpeas** (see ingredients for amount), bring back up to the boil and simmer for 1 min.
- 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

- When the **halloumi** is cooked, remove the pan from the heat and drizzle over the **red pepper chilli jelly**. Turn the **halloumi** so it's nicely glazed.
- Once the **bulgur** is cooked, stir in the **harissa paste** (add less if you'd prefer things milder) and **tomato chunks**.
- Taste and season with **salt**, **pepper** and a squeeze of **lemon juice**.



## Prep Time

- Meanwhile, cut the **tomato** into 2cm chunks.
- Zest and cut the **lemon** into wedges.
- In a small bowl, combine the **yoghurt** and **lemon zest**. Season with **salt** and **pepper** and set aside.



## Serve Up

- Share the **harissa tabbouleh** between your serving bowls.
- Lay the **glazed halloumi slices** on top.
- Top with a dollop of **zesty yoghurt**.
- Serve any remaining **lemon wedges** on the side for squeezing over.

## Enjoy!