

Chilli Glazed Halloumi

with Bulgur, Green Pepper and Tomatoes

Classic 25-30 Minutes • **Medium Spice** • 1 of your 5 a day



Garlic Clove



Green Pepper



Baby Plum Tomatoes



Halloumi



Bulgur Wheat



Vegetable Stock Paste



Roasted Spice and Herb Blend



Red Pepper Chilli Jelly



Harissa Paste

Pantry Items

Oil, Salt, Pepper, Butter

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, garlic press, bowl, saucepan, lid, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	3	4	6
Green Pepper**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Halloumi** 7)	225g	337g	450g
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Red Pepper Chilli Jelly	25g	37g	50g
Harissa Paste 14)	50g	75g	100g
Pantry	2P	3P	4P
Boiled Water for the Bulgur*	220ml	330ml	440ml
Butter*	10g	20g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	468g	100g
Energy (kJ/kcal)	3235 / 773	692 / 165
Fat (g)	41.6	8.9
Sat. Fat (g)	20.1	4.3
Carbohydrate (g)	67.2	14.4
Sugars (g)	16.0	3.4
Protein (g)	34.5	7.4
Salt (g)	4.12	0.88

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

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Get Prepped

Fill and boil your kettle.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Halve the **green pepper** and discard the core and seeds. Slice into thin strips. Halve the **baby plum tomatoes**.

Cut the **halloumi** into 1cm thick slices, then place into a small bowl of **cold water** and leave to soak.



Spice up the Halloumi

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

Sprinkle the **roasted spice and herb blend** over both sides.



Bring on the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add **half** the **garlic** and cook until fragrant, 1 min.

Stir in the **bulgur wheat**, **veg stock paste** and **boiled water for the bulgur** (see pantry for amount) from your kettle. 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.



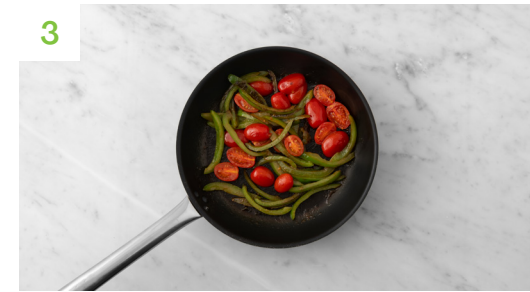
Time to Fry

Put the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side.

Return the **veg** to the pan for the final min to reheat (including any **juices** from the bowl), then remove the pan from the heat.

Pour the **red pepper chilli jelly** onto the **halloumi** while still in the pan and allow to melt. Turn the **halloumi** a few times to **glaze** it.



Soften the Veg

Meanwhile, put a large frying pan on medium-high heat with the **butter** (see pantry for amount) and allow it to melt.

Once the **butter** has melted, add the remaining **garlic** and fry for 30 secs, then add the **sliced pepper** and stir-fry until softened, 5-6 mins.

Stir in the **tomatoes** and cook until slightly softened, 2-3 mins more. Season with **salt** and **pepper**.

Once softened, transfer the **peppers** and **tomatoes** to a small bowl and wipe out the pan.



Finish and Serve

Fluff up the **bulgur wheat** with a fork and stir through the **harissa paste** (add less if you'd prefer things milder). Taste and season with **salt** and **pepper** if needed.

Share the **harissa bulgur** between your plates and top with the **glazed halloumi** and **veg**, drizzling over any **glaze** left in the pan.

Enjoy!