



# Sticky Hot-Honey Halloumi with Chilli, Parsley and Crispy Onions

Special Sides 10-15 Minutes • Medium Spice • Veggie

21A

Find all your unchilled Market items in bag A.



Halloumi



Red Chilli



Flat Leaf Parsley



Crispy Onions



Honey

**Pantry Items**  
Salt, Pepper, 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, bowl and frying pan.

## Ingredients

Ingredients	Quantity
Halloumi**7)	225g
Red Chilli**	1
Flat Leaf Parsley**	1 bunch
Crispy Onions 13)	1 sachet
Honey	30g

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>152g</b>	<b>100g</b>
Energy (kJ/kcal)	1909 /456	1260 /301
Fat (g)	31.2	20.6
Sat. Fat (g)	18.1	12.0
Carbohydrate (g)	18.8	12.4
Sugars (g)	15.9	10.5
Protein (g)	25.9	17.1
Salt (g)	2.57	1.70

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten

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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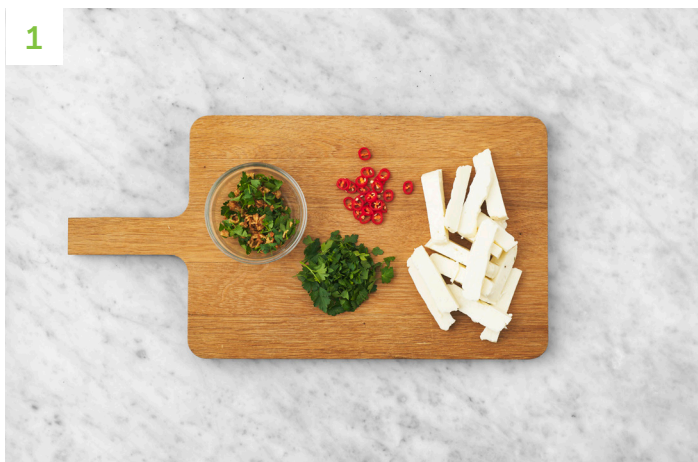
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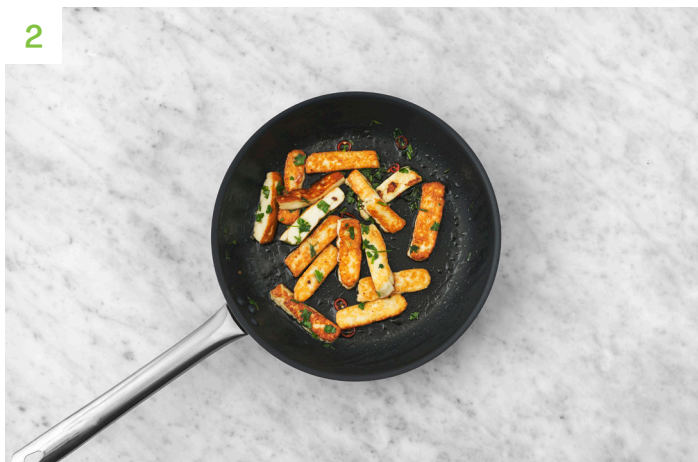
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1



2



3



## Hello Halloumi

**a)** Drain the **halloumi**, pat dry with kitchen paper and slice into 1cm thick batons.

**b)** Thinly slice the **red chilli** (prepare less if you'd prefer things milder).

**c)** Roughly chop the **parsley** (stalks and all).

**d)** In a small bowl, stir together the **crispy onions** and **half the parsley**. Season with **salt and pepper**, then set aside.

## Into the Pan

**a)** 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.

**b)** Remove the pan from the heat and add the **honey**, half the **chilli** and the remaining **parsley**.

**c)** Stir until the **halloumi** is well coated.

## Finish and Serve

**a)** Add your **sticky hot honey halloumi** to a sharing dish.

**b)** Sprinkle over the **crispy onion and parsley mixture** and the **remaining chilli** to finish.

Enjoy!