



# Honey Glazed Halloumi and Chipotle Chorizo Salad with Avocado and Baby Plum Tomatoes

Lunch 20-25 Minutes • Medium Spice • 2 of your 5 a day

13A

Find all your unchilled Market items in bag A.



Halloumi



Lime



Diced Chorizo



Honey



Avocado



Baby Plum Tomatoes



Iceberg Lettuce



Chipotle Paste

**Pantry Items**

Oil, Salt, Pepper, Olive 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

Bowl, fine grater, kitchen paper and frying pan.

## Ingredients

Ingredients	Quantity
Halloumi** 7)	225g
Lime**	1
Diced Chorizo**	90g
Honey	45g
Avocado	1
Baby Plum Tomatoes	125g
Iceberg Lettuce**	2
Chipotle Paste	20g

Pantry	Quantity
Olive Oil for the Dressing*	2 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	466g 3686 / 881	100g 792 / 189
Fat (g)	67.7	14.5
Sat. Fat (g)	27.0	5.8
Carbohydrate (g)	28.3	6.1
Sugars (g)	25.4	5.5
Protein (g)	39.9	8.6
Salt (g)	5.35	1.15

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

## Allergens

### 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, 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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1



## Fry the Halloumi and Chorizo

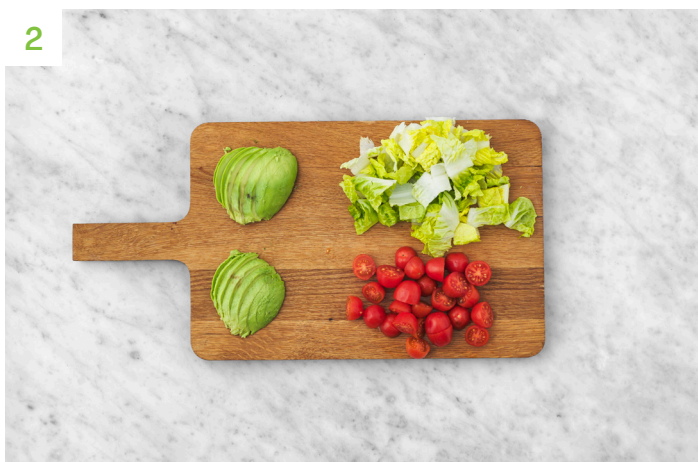
**a)** Drain the **halloumi**, then cut it into 6-8 slices. Place them into a small bowl of **cold water** and leave to soak, 5 mins. Meanwhile, zest and juice the **lime**.

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

**c)** 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. As you flip the **halloumi**, add the **chorizo** and fry until it starts to brown, 3-4 mins.

**d)** Once the **chorizo** and **halloumi** are cooked, add the **lime zest** and **two thirds** of the **honey**. Toss to coat, then remove the pan from the heat. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

2



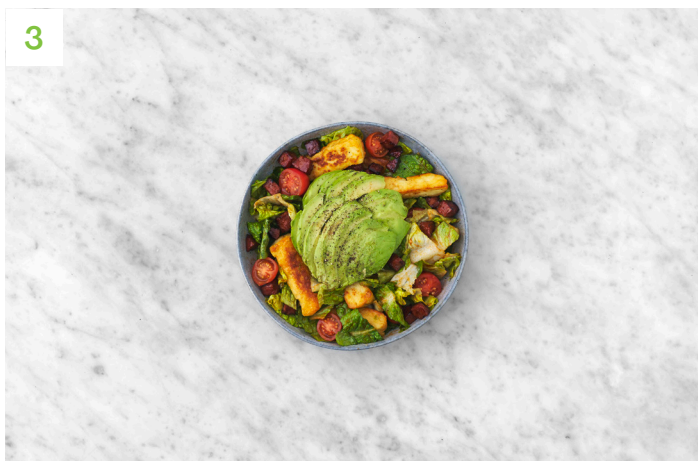
## Prep the Salad

**a)** Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Slice into 1cm thick slices.

**b)** Halve the **baby plum tomatoes**. Halve the **iceberg lettuce** and thinly slice.

**c)** In a large bowl, combine the **chipotle paste** (add less if you'd prefer things milder), **lime juice**, **olive oil for the dressing** (see pantry for amount) and the remaining **honey**. Season with **salt** and **pepper**, then mix well.

3



## Finish and Serve

**a)** Remove the **halloumi slices** from the pan and set aside.

**b)** Add the **lettuce**, **baby plum tomatoes** and **chorizo** to your bowl of **chipotle dressing**. Toss to coat, then divide between 2 serving bowls.

**c)** Fan your **avocado slices** on top of your **salad**, then lay the **honey-glazed halloumi** on top to finish.

Enjoy!