



Halloumi and Pepper Skewers

with Sweet Chilli, Spiced Wedges and Baby Gem Salad

Summer BBQ 35-40 Minutes • Mild Spice • 1 of your 5 a day • Veggie

21



Potatoes



Central American Style Spice Mix



Bamboo Skewers



Halloumi



Bell Pepper



Medium Tomato



Baby Gem Lettuce



Sweet Chilli Sauce



Cider Vinegar



Honey

Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

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

Baking tray, bowl and kitchen paper.

Ingredients

| Ingredients | 2P | 3P | 4P |
|----------------------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Bamboo Skewers | 4 | 6 | 8 |
| Halloumi** 7) | 225g | 337g | 450g |
| Bell Pepper*** | 1 | 2 | 2 |
| Medium Tomato | 1 | 2 | 2 |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Sweet Chilli Sauce | 32g | 48g | 64g |
| Cider Vinegar 14) | 15ml | 15ml | 30ml |
| Honey | 15g | 30g | 30g |
| Pantry | 2P | 3P | 4P |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Mayonnaise* | 2 tbsp | 3 tbsp | 4 tbsp |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 547g | 100g |
| Energy (kJ/kcal) | 3193/ 763 | 583/139 |
| Fat (g) | 42.4 | 7.7 |
| Sat. Fat (g) | 17.9 | 3.3 |
| Carbohydrate (g) | 66.8 | 12.2 |
| Sugars (g) | 23 | 4.2 |
| Protein (g) | 31.7 | 5.8 |
| Salt (g) | 3.17 | 0.58 |

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

Allergens

7) Milk 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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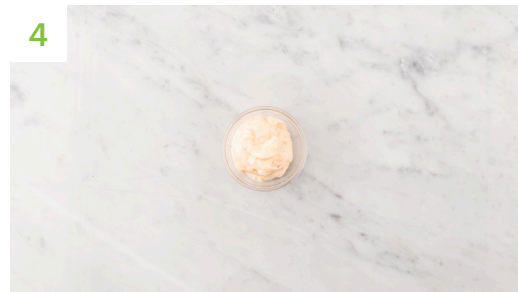
Wedges Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Central American style spice mix**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix the Sweet Chilli Mayo

Once the **wedges** are about halfway through cooking, pop the **skewers** onto another baking tray and bake on the middle shelf until the **halloumi** is golden and the **pepper** is tender, 10-12 mins.

Meanwhile, in a small bowl, mix together the **mayonnaise** (see pantry for amount) and **sweet chilli sauce**. Set aside.



Get Prepped

Soak your **skewers** in **cold water** (this will prevent them from burning).

Drain the **halloumi**, then cut it into 3cm chunks. Place them into a small bowl of **cold water** and leave to soak.

Halve the **bell pepper** and discard the core and seeds. Slice into 2cm wide strips, then chop into roughly 2cm pieces. Pop the **pepper** into a medium bowl.

Add the remaining **Central American style spice mix** to the bowl of **pepper chunks**, drizzle with **oil**, season with **pepper** and set aside.

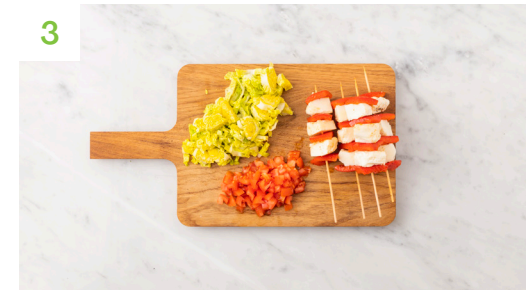


Make the Salad

Clean out the **halloumi** bowl, then add the **cider vinegar** and **olive oil for the dressing** to the bowl (see pantry for amount).

Mix your **dressing** together, then add the **baby gem** and **tomatoes**.

Season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Toss to coat.

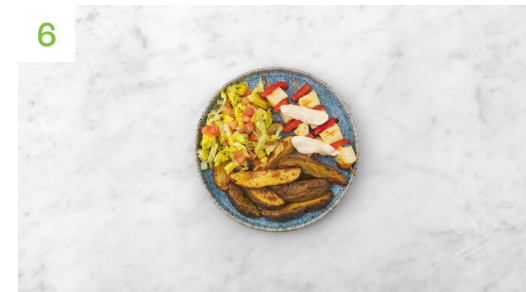


Assemble your Skewers

Chop the **tomato** into 1cm pieces. Trim the **baby gem**, halve lengthways, then thinly slice widthways.

Remove the **halloumi** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Add them to the bowl of **pepper chunks**, then toss together to coat in the **spice**.

Carefully thread the **halloumi** and **pepper chunks** onto the **skewers** (2 per person), alternating between the two.



Finish and Serve

Once the **halloumi skewers** are cooked, drizzle over the **honey** and share between your plates. **TIP:** If your **honey** has hardened, pop it in a bowl of hot water for 1 min.

Drizzle the **sweet chilli mayo** over the **skewers**, then serve with the **wedges** and **salad** alongside.

Enjoy!