



# Spiced Halloumi Steaks and Hot Honey Sauce

## with Potato Wedges and Baby Leaf Salad

22

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Halloumi



Potatoes



Cider Vinegar



Baby Plum Tomatoes



Central American Style Spice Mix



Hot Sauce



Honey



Baby Leaf Mix



McCain Home Chips

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Mayonnaise

### ⚡ Make it Quick

If you chose to make this recipe quicker, then just follow the instructions on the back of this card.

Happy cooking!



## 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, baking tray, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Halloumi** 7)	225g	337g	450g
Potatoes	450g	700g	900g
Cider Vinegar 14)	15ml	22ml	30ml
Baby Plum Tomatoes	125g	190g	250g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Hot Sauce	30g	50g	60g
Honey	15g	22.5g	30g
Baby Leaf Mix**	50g	70g	100g
McCain Home Chips** 13)	400g	800g	800g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	30g	45g	60g
Mayonnaise*	1 tbsp	1½tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	488g	100g	463g	100g
Energy (kJ/kcal)	3377 / 807	692 / 165	4513 / 1079	975 / 233
Fat (g)	50.0	10.3	64.4	13.9
Sat. Fat (g)	25.6	5.2	27.3	5.9
Carbohydrate (g)	60.3	12.4	86.2	18.6
Sugars (g)	16.3	3.3	15.2	3.3
Protein (g)	31.5	6.5	34.8	7.5
Salt (g)	3.53	0.72	4.25	0.92

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

## Allergens

7) Milk 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.

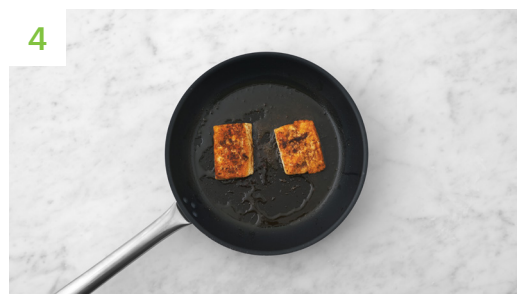
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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Meanwhile, drain the **halloumi**, then cut it in half lengthways to make 2 'steaks', 1 per person. Place them into a medium bowl of **cold water** and leave to soak.



## Halloumi Time

About 15 mins before the **wedges** are ready, remove the **halloumi steaks** from the **water**, pop them onto a plate lined with kitchen paper and pat them dry. Sprinkle over the **Central American style spice mix**. 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.

Transfer the **halloumi** to a medium baking tray and bake on the middle shelf of your oven until softened, 5-6 mins.



## Cook the Wedges

Meanwhile, chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. 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.

## Make it Quick

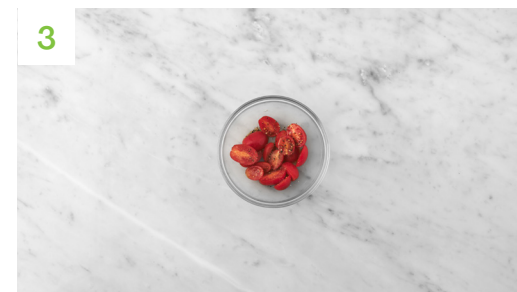
If you've chosen the quick version, **oil** and season the **chips**, then cook for 20-25 mins instead. Turn halfway through.



## Make the Sauce

While everything cooks, clean out the (now empty) frying pan and pop it back on medium heat.

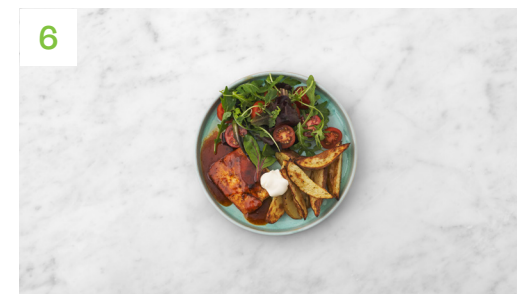
Add the **hot sauce**, **honey** and **butter** (see pantry for amount) and stir vigorously until the **butter** has melted and the **sauce** is piping hot, 1-2 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



## Get Dressed

Meanwhile, in a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Halve the **tomatoes**, add to the **dressing** and mix to combine. Season with **salt** and **pepper** and set aside for now.



## Finish and Serve

When everything's ready, add the **baby leaves** to the bowl of **tomatoes** and toss together.

Share the **halloumi steaks** out between your plates, spooning over the **hot honey sauce** (reheat first if needed).

Serve the **wedges**, **salad** and a dollop of the **mayo** (see pantry for amount) alongside.

## Enjoy!