



# Chorizo, Greek Style Cheese & Avocado Ciabatta with Hot Honey Halloumi Fries

Brunch 20-30 Minutes • 1 of your 5 a day

10A

Find all your unchilled Market items in bag A.



Halloumi



Red Chilli



Lime



Diced Chorizo



Avocado



Ciabatta



Greek Style  
Salad Cheese

Pantry Items  
Oil, Honey



## 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, frying pan and kitchen paper.

## Ingredients

| Ingredients                   | Quantity |
|-------------------------------|----------|
| Halloumi** 7)                 | 225g     |
| Red Chilli**                  | 1        |
| Lime**                        | 1        |
| Diced Chorizo**               | 90g      |
| Avocado                       | 2        |
| Ciabatta 13)                  | 2        |
| Greek Style Salad Cheese** 7) | 100g     |

| Pantry | Quantity |
|--------|----------|
| Honey* | 2 tbsp   |

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal)                       | 5125 /1225  | 997 /238 |
| Fat (g)                                | 87.1        | 17.0     |
| Sat. Fat (g)                           | 37.0        | 7.2      |
| Carbohydrate (g)                       | 60.0        | 11.7     |
| Sugars (g)                             | 17.5        | 3.4      |
| Protein (g)                            | 53.4        | 10.4     |
| Salt (g)                               | 7.08        | 1.38     |

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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## Begin the Prep

- Drain the **halloumi**, then slice into 1cm thick batons. Place into a small bowl of **cold water** and leave to soak.
- Thinly slice the **red chilli** (prepare less if you'd prefer things milder).
- Zest and cut the **lime** into wedges.
- If you don't have a toaster, preheat your grill to high.



## Toast the Ciabatta

- Halve the **avocados** and remove the stones. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.
- Meanwhile, halve the **ciabatta**.
- Toast the **ciabatta** in your toaster until golden. Alternatively, grill until golden, 2-3 mins.



## Fry the Chorizo

- Heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **diced chorizo** and fry until it starts to brown, 3-4 mins. Remove from the pan and set aside in a small bowl. Cover to keep warm.



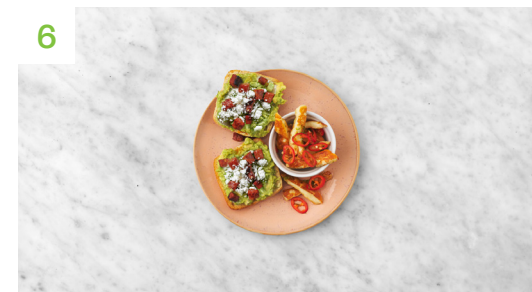
## Load Up

- Once toasted, spread the **smashed avocado** over both halves of the **ciabatta**.
- Crumble over the **Greek style salad cheese** and top with the **cooked chorizo**.
- Sprinkle over the remaining **chilli**.



## Hello Halloumi

- Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.
- Return the (now empty) frying pan to medium heat and add a drizzle of **oil**. Once hot, fry the **halloumi** until golden, turning frequently, 4-5 mins.
- Remove the pan from the heat and add the **honey** (see pantry for amount), **lime zest** and **half the chilli**. Stir until the **halloumi** is well coated.



## Finish and Serve

- Transfer your **hot honey halloumi fries** to 2 small bowls.
- Share your **chorizo and avocado ciabatta** between 2 serving plates.
- Serve with the **lime wedges** for squeezing over.

Enjoy!