









# Sticky Glazed Halloumi and Chipotle Pilaf

with Caramelised Onion, Peas and Soured Cream

Classic 40-45 Minutes • Mild Spice • 1 of your 5 a day



-  Onion
-  Halloumi
-  Garlic Clove
-  Cider Vinegar
-  Basmati Rice
-  Vegetable Stock Paste
-  Lemon & Herb Seasoning
-  Peas
-  Chipotle Paste
-  Soured Cream
-  Diced British Chicken Breast

**Pantry Items**  
Oil, Salt, Pepper, Sugar, Honey, Butter

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.  
Happy cooking!



This Sticky Glazed Halloumi and Chipotle Pilaf combines the Indian technique of pilaf, a sautéed rice dish, with Tex-Mex flavours. Chipotle is full of rich, smoky and fruity flavours with a kick from the chipotle chillies.

## 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

Saucepan, bowl, garlic press, lid, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Halloumi** 7)	225g	337g	450g
Garlic Clove**	2	3	4
Cider Vinegar 14)	15ml	22ml	30ml
Basmati Rice	150g	225g	300g
Vegetable Stock Paste	15g	20g	30g
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Peas**	120g	180g	240g
Chipotle Paste	20g	30g	40g
Soured Cream** 7)	75g	150g	150g
Diced British Chicken Breast**	240g	390g	480g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	1 tsp	1 tsp
Water for the Rice*	300ml	450ml	600ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	554g	100g	572g	100g
Energy (kJ/kcal)	3789 /906	684 /163	2930 /700	513 /123
Fat (g)	45.4	8.2	20.1	3.5
Sat. Fat (g)	26.3	4.7	10.4	1.8
Carbohydrate (g)	91.0	16.4	88.5	15.5
Sugars (g)	20.9	3.8	18.4	3.2
Protein (g)	38.2	6.9	44.6	7.8
Salt (g)	4.56	0.82	2.28	0.40

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.

 You can recycle me!

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## 1 Caramelize the Onion

Halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a deep saucepan (with a tight-fitting lid) on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and soft, 8-10 mins.



## 2 Get Prepped

Meanwhile, drain the **halloumi**, then cut it into 2cm chunks. Place them into a small bowl of **cold water** and leave to soak. Peel and grate the **garlic** (or use a garlic press).

Once the **onion** is golden, stir in the **cider vinegar** and **sugar** (see pantry for amount) and allow the **vinegar** to evaporate, 1 min.

↔ Swap to Chicken Breast

If you've chosen **chicken** instead, no need to prep. **IMPORTANT: Wash hands and utensils after handling raw meat.**

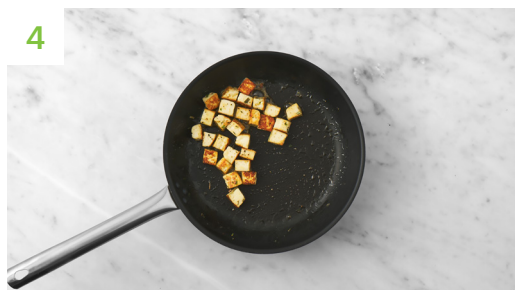


## 3 Cook the Rice

Stir the **garlic** into the **onion** and fry for 1 min, then add the **rice** and stir until coated, 1 min.

Add the **vegetable stock paste** and **water for the rice** (see pantry for amount) and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins (the **rice** will continue to cook in its own steam).



## 4 Hello Halloumi

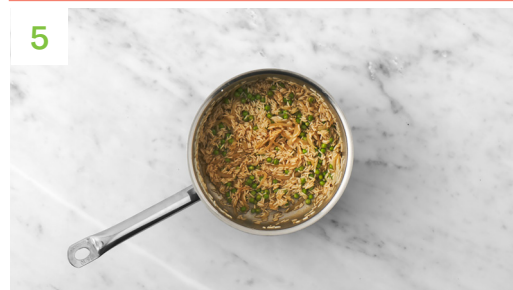
Meanwhile, remove the **halloumi** from the **water**. Pop onto a plate lined with kitchen paper and pat dry. Sprinkle over the **lemon & herb seasoning** and season with **pepper**.

Heat a drizzle of **oil** in a large frying pan on medium medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.

Add the **honey** (see pantry for amount) and turn the **halloumi** so it's nicely glazed, then remove from the heat. Cover to keep warm.

↔ Swap to Chicken Breast

Season the **chicken** in the same way, then fry until golden brown and cooked through, 8-10 mins instead. **IMPORTANT: Cook so there's no pink in the middle.**

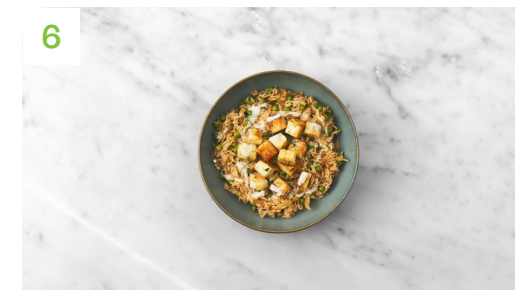


## 5 Mix your Pilaf

Once the **rice** is ready, fluff it up with a fork and stir in the **peas**, **chipotle paste** (add less if you'd prefer things milder) and **butter** (see pantry for amount).

Pop the lid back on and allow the **peas** to heat through, 1 min.

Taste and season with **salt** and **pepper**.



## 6 Serve Up

Share the **chipotle pilaf** between your bowls and drizzle over the **soured cream**.

Top with the **glazed halloumi** to finish.

## Enjoy!