



Indian Style Spiced Halloumi Hash with Mango Chutney, Tomato and Mint Raita

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

22



Potatoes



White Cumin Seeds



Halloumi



Medium Tomato



Lime



Mint



Greek Style
Natural Yoghurt



Mango Chutney



Crispy Onions

Pantry Items
Oil, Salt, Pepper

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, fine grater, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Halloumi** 7)	225g	337g	450g
Medium Tomato	2	3	4
Lime**	1	1½	2
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Mango Chutney	40g	60g	80g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	665g	100g
Energy (kJ/kcal)	3409/815	513/123
Fat (g)	36.1	5.4
Sat. Fat (g)	20.8	3.1
Carbohydrate (g)	91.4	13.7
Sugars (g)	22.2	3.3
Protein (g)	35.5	5.3
Salt (g)	2.93	0.44

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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Get your Potatoes In

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil** and sprinkle over the **cumin seeds**. 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.



Dressing Time

In a large bowl, stir together the **tomato**, **lime zest**, **half the lime juice**, a drizzle of **oil** and a pinch of **salt** and **pepper**.

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

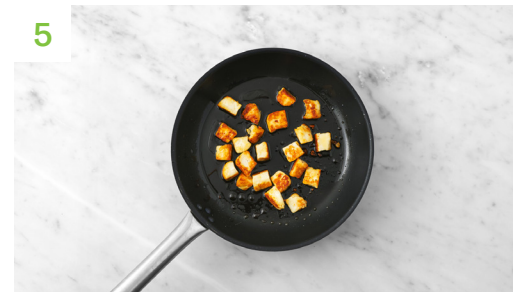
Wipe out the (now empty) small bowl and add the **chopped mint** and **yoghurt**. Mix together and season with **salt** and **pepper**. Set your **mint raita** aside.



Soak the Halloumi

Meanwhile, drain the **halloumi**, then cut it into 2cm chunks.

Place them into a small bowl of **cold water** and leave to soak.



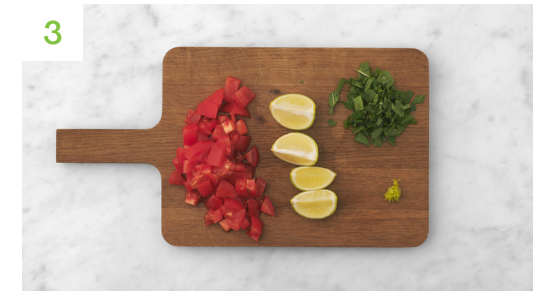
Fry the Halloumi

Heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **halloumi** and fry, turning frequently, until golden, 6-7 mins.

Remove from the heat and stir in the **mango chutney** until the **halloumi** is evenly glazed.

Once the **potatoes** are ready, mix them into the **tomato** bowl.



Finish Prepping

Cut the **tomato** into 2cm chunks.

Zest and quarter the **lime**.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Serve Up

Share the **potatoes** and **tomatoes** between your serving bowls.

Drizzle over the **mint raita**, then top with the **glazed halloumi**.

Sprinkle over the **crispy onions** to finish.

Enjoy!