



Honey-Gochujang Halloumi Steak

with Sesame Chips and Avocado Salad

47

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



Potatoes



Black Sesame Seeds



Halloumi



Spring Onion



Avocado



Rice Vinegar



Gochujang Paste



Honey



Baby Leaf Mix



Discover a new way to serve up halloumi by slicing it into a thick 'steak' for a hearty vegetarian meal. Glazed with honey and spicy-sweet gochujang, we're serving it with sesame chips and an avocado salad for an Asian inspired twist on veggie steak night.

Pantry Items

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

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, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Black Sesame Seeds 3)	5g	10g	10g
Halloumi** 7)	225g	337g	450g
Spring Onion**	2	3	4
Avocado	1	2	2
Rice Vinegar	15ml	22ml	30ml
Gochujang Paste 11)	50g	80g	100g
Honey	30g	45g	60g
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	538g	100g
Energy (kJ/kcal)	3818 /913	710 /170
Fat (g)	56.7	10.6
Sat. Fat (g)	25.8	4.8
Carbohydrate (g)	70.0	13.0
Sugars (g)	24.4	4.5
Protein (g)	33.6	6.3
Salt (g)	4.53	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 7) Milk 11) Soya

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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1 Chip, Chip, Hooray

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, sprinkle over the **black sesame 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



4 Time to Fry

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

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.

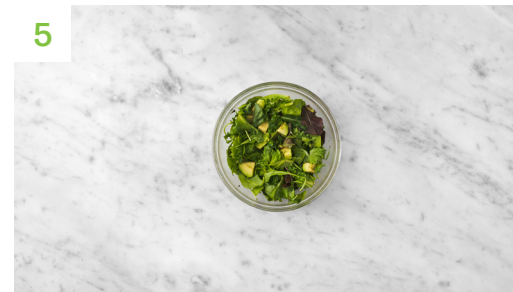
Transfer the **halloumi** to a medium baking tray and bake on the middle shelf of your oven until softened, 5-6 mins.



2 Soak the Halloumi

Meanwhile, drain the **halloumi**, then cut it in half lengthways to make 2 'steaks', 1 per person.

Place the **halloumi steaks** into a medium bowl of **cold water** and leave to soak.



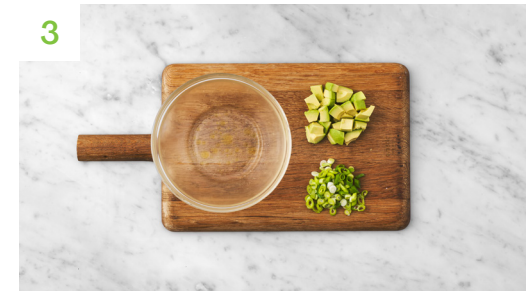
5 Get the Gochujang

Wipe out the (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.

Once hot, add the **gochujang paste**, **honey** and **water for the sauce** (see pantry for amount). Cook until the **sauce** has thickened, 2-3 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Stir through the **butter** (see pantry for amount) until melted, then remove from the heat.

When everything's ready, add the **avocado chunks** and **baby leaves** to the bowl of **dressing**. Toss to coat.

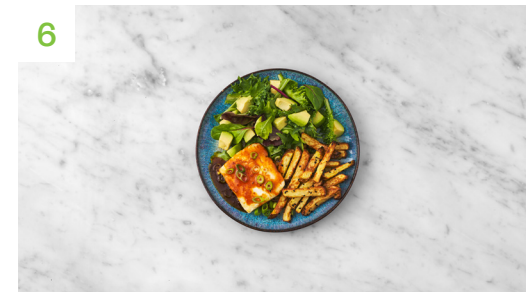


3 Prep Time

Next, trim and thinly slice the **spring onion**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

In a medium bowl, combine the **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set your **dressing** aside.



6 Serve Up

Share the **halloumi steaks** between your plates.

Serve the **sesame chips** and **avocado salad** alongside.

Drizzle the **honey-gochujang sauce** over your **halloumi steaks**. Scatter over the **spring onion** to finish.

Enjoy!