



# Chermoula Spiced Halloumi

with Bulgur Wheat and Chickpea Tabbouleh

**RAPID** 20 Minutes • Medium Spice • 2.5 of your 5 a day • Veggie

No. 23



Chickpeas



Chermoula Spice Mix



Vegetable Stock Powder



Bulgur Wheat



Medium Tomato



Mint



Lemon



Halloumi



Greek Yoghurt



Honey

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Colander, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Chermoula Spice Mix	1 small pot	1 large pot	1 large pot
Boiling Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Bulgur Wheat <b>13)</b>	120g	180g	240g
Medium Tomato	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Halloumi <b>7)**</b>	1 block	1½ blocks	2 blocks
Greek Yoghurt <b>7)**</b>	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	3554 / 850	746 / 178
Fat (g)	38	8
Sat. Fat (g)	21	4
Carbohydrate (g)	76	16
Sugars (g)	16	3
Protein (g)	47	10
Salt (g)	4.74	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **10)** Celery **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Cook the Bulgur

**a)** Fill and boil your kettle. Heat a drizzle of **oil** in a large saucepan over medium high heat.

**b)** While the pan heats up, drain and rinse the **chickpeas** in a colander. Add the **chickpeas** to the pan along with the **chermoula spice mix**.

**c)** Stir and cook for 1 minute, then add the boiling **water** (see ingredients for amount) and **stock powder**.

**d)** Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 4. Make the Yoghurt

**a)** Meanwhile, put the **greek yoghurt** in a small bowl and add **half** the **mint** and **half** the **lemon zest**.

**b)** Season with **salt** and **pepper**. Stir together and keep to one side.



## 2. Chop the Veggies

**a)** Chop the **tomatoes** into 2cm chunks.

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

**c)** Zest, then halve the **lemon**.

**d)** Cut the **halloumi** into 3 slices per person.



## 5. Finish Off

**a)** When the **halloumi** is cooked, remove the pan from the heat and drizzle the **honey** over the **halloumi**.

**b)** Stir the **tomato**, leftover **lemon zest** and **mint** into the **bulgur wheat**.

**c)** Add **salt**, **pepper** and **lemon juice** to taste.



## 3. Cook the Halloumi

**a)** Heat a drizzle of **oil** in a large frying pan over medium high heat.

**b)** Once hot, lay in the **halloumi**.

**c)** Cook the **halloumi** until golden brown, 2-3 mins on each side.



## 6. Serve

**a)** Share the **bulgur** between your plates and top with the **halloumi slices**.

**b)** Finish with a dollop of **herby yoghurt**.

**Enjoy!**

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.