



Chilli Jam Glazed Halloumi with Bulgur, Green Pepper and Tomatoes

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day • Veggie

22



Garlic Clove



Echalion Shallot



Green Pepper



Baby Plum Tomatoes



Halloumi



Sun-Dried Tomato
Paste



Bulgur Wheat



Vegetable Stock
Paste



Fresh Chilli Jam

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.

Cooking tools

Kettle, garlic press, bowl, saucepan, lid, frying pan and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Green Pepper**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Halloumi** 7)	250g	375g	500g
Sun-Dried Tomato Paste	25g	37g	50g
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Fresh Chilli Jam	25g	37g	50g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2970 /710	763 /182
Fat (g)	34.3	8.8
Sat. Fat (g)	18.9	4.9
Carbohydrate (g)	64.5	16.6
Sugars (g)	16.1	4.1
Protein (g)	37.0	9.5
Salt (g)	4.18	1.07

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 10) Celery 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, milk, egg, mustard, celery, soya, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Fill and boil your kettle.

Peel and grate the **garlic** (or use a garlic press).
Halve, peel and thinly slice the **shallot**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the **baby plum tomatoes**.

Cut the **halloumi** into 1cm thick slices, then place into a small bowl of **cold water** and leave to soak.



Soften the Veg

Meanwhile, put a large frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **pepper** and cook, stirring occasionally, until softened, 5-6 mins.

Stir in the **tomatoes** and cook until slightly softened, 2-3 mins more.

Once softened, transfer the **peppers** and **tomatoes** to a small bowl and wipe out the pan.



Bring on the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **shallot** and cook, stirring occasionally, until softened, 3-4 mins.

Stir in the **sun-dried tomato paste**, **garlic** and **bulgur wheat**. Cook for 1 min.



Halloumi Time

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

Put the pan back on medium-high heat with a drizzle of **oil**.

Once hot, lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side. Return the **veg** to the pan for the final min to reheat, then remove the pan from the heat and allow to cool slightly.



Stir and Simmer

Stir the **veg stock paste** and **boiled water for the bulgur** (see pantry for amount) into the pan. Bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Glaze and Serve

Spoon the **chilli jam** onto the **halloumi** while still in the pan and allow to melt. Turn the **halloumi** a few times to glaze it.

Fluff up the **bulgur wheat** with a fork and share between your plates.

Top with the **veg** and **glazed halloumi**, drizzling over any **chilli jam** left in the pan.

Enjoy!