



Pan-Fried Halloumi

with Steamed Brown Rice & Quinoa

RAPID 15 Minutes • 1 of your 5 a day • Veggie

N° 16



Halloumi



Baby Plum Tomatoes



Mint



Red Wine Vinegar



Honey



Steamed Brown Basmati & Quinoa



Rocket



Walnuts

Before you start

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

Basic cooking tools, you will need:

Mixing Bowl and Large Frying Pan.

Ingredients

	2P	3P	4P
Halloumi 7)**	1 block	1½ blocks	2 blocks
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Mint**	1 bunch	1 bunch	1 bunch
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Steamed Brown Basmati & Quinoa	1 pouch	1½ pouches	2 pouches
Rocket**	1 bag	1½ bags	2 bags
Walnuts 2)	1 bag	1 bag	1 bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	409g	100g
Energy (kJ/kcal)	3144 /752	769 /184
Fat (g)	47	12
Sat. Fat (g)	20	5
Carbohydrate (g)	43	11
Sugars (g)	13	3
Protein (g)	36	9
Salt (g)	3.71	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 14) Sulphites

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.



1. Prep Time!

a) Slice the **halloumi** into roughly 1cm thick slices. Halve the **baby plum tomatoes** and pop them in a large salad bowl. Pick the **mint leaves** from the **stalks** (discard the stalks). Roughly chop the **leaves**.

b) Add **half** the chopped **mint** to the bowl with the **tomatoes**.



2. Fry the Halloumi

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

b) When hot, add the **halloumi** and fry until golden on both sides, turning occasionally, 4-5 mins.



3. Make the Dressing

a) Meanwhile, in a small bowl stir together the **red wine vinegar**, **honey** and **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**.



4. Cook the Rice

a) Cook the **brown rice** and **quinoa** according to pack instructions.



5. Assemble the Salad

a) Add the **brown rice** and **quinoa**, the **rocket** and **half** the **walnuts** to the bowl with the **tomatoes** and toss together.

b) Drizzle over **half** the **dressing** and toss together. Season to taste with **salt** and **pepper** if needed.



6. Serve

a) Serve the **warm salad** in bowls topped with the fried **halloumi** and a scattering of the remaining **walnuts** and **mint**.

b) Finish with a drizzle of the remaining **dressing**.
Enjoy!

Contact

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

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