



# Sweet Chilli Glazed Halloumi with Parsley Bulgur, Peppers and Tomatoes

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

22



Flat Leaf Parsley



Garlic Clove



Red Onion



Bell Pepper



Baby Plum Tomatoes



Halloumi



Sun-Dried Tomato Paste



Bulgur Wheat



Vegetable Stock Paste



Sweet Chilli Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

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

## Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Halloumi** 7)	250g	375g	500g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Bulgur*	240ml	360ml	480ml
Sweet Chilli Sauce	32g	64g	64g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	427g	100g
Energy (kJ/kcal)	3094/740	725/173
Fat (g)	34	8
Sat. Fat (g)	19	4
Carbohydrate (g)	73	17
Sugars (g)	19	5
Protein (g)	38	9
Salt (g)	4.25	1.00

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

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60 Worship St, London EC2A 2EZ

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## Get Prepped

Fill and boil your kettle. Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve, peel and chop the **red onion** into small pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Chop the **baby plum tomatoes** in half. Slice the **halloumi** widthways into 1cm thick slices. Place the **halloumi** into a small bowl of **cold water** and leave to soak.



## Bring on the Veggies

Meanwhile, put a large frying pan on medium-high heat with a drizzle of **oil**. When hot, add the **peppers**. Cook, stirring occasionally, until softened, 5-6 mins. Stir in the **tomatoes** and cook until slightly softened, 2-3 mins.



## Start the Bulgur

Heat a drizzle of **oil** in a medium saucepan on medium heat. When hot, add the **onion** and cook, stirring occasionally, until soft, 3-4 mins. Stir in the **sun-dried tomato paste**, **garlic** and **bulgur wheat**. Cook for 1 min.



## Fry the Halloumi

Transfer the **softened peppers** and **tomatoes** to a small bowl and wipe out the pan. Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry. Pop the pan back on medium-high heat with a drizzle of **oil**. When hot, lay the **halloumi slices** into the pan and fry until golden, 2-3 mins each side. Return the **veggies** to the pan for the final min to reheat.



## Cook the Bulgur

Stir the **vegetable stock paste** and **boiling water for the bulgur wheat** (see ingredients for amount) into the same saucepan. 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.



## Serve

Remove the pan from the heat, let it cool slightly. Spoon the **sweet chilli sauce** 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, mix in the **parsley** and divide between your plates. Top with the **veggies** and **halloumi slices**, drizzling over any **sweet chilli sauce** left in the pan.

## Enjoy!