



Everything
But The Chef

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Haloumi Chapati with Pineapple Salsa

November in Australia: It's hot, sticky and a little bit tacky, but always enjoyable. A little like this sweet pineapple salsa. This easy number deserves to be prepared in the sun, so fire up the barbie for a perfect smokiness through everything, pop on your Crocodile Dundee hat and make like Muriel to a little ABBA medley. We reckon you're going to love this one, possums.

Prep: 10 mins
Cook: 10 mins
Total: 20 mins

level 1
 one pan wonder

high protein

Pantry Items



Pineapple



Spring Onions



Coriander



Zucchini



Haloumi



Traditional Chapati



Avocado



Gem Lettuce

2P	4P	Ingredients
1	2	small pineapple, peeled & cut into 1 cm thick slices A
1 bunch	2 bunches	spring onions, finely sliced
½ bunch	1 bunch	coriander, finely chopped ⊕
1	2	zucchini, cut into 5 mm thick ribbons ⊕
1 block	2 blocks	haloumi, sliced
2	4	traditional chapati
½	1	avocado, sliced ⊕
1 head	2 heads	gem lettuce, finely sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2730	Kj
Protein	32.4	g
Fat, total	43.1	g
-saturated	22.2	g
Carbohydrate	30.6	g
-sugars	12.7	g
Sodium	1680	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, greased chargrill pan.*

1 Heat a lightly greased chargrill pan or BBQ over a medium-high heat. Add the **pineapple slices** and cook for **1-2 minutes** on each side or until lightly grilled. Dice into 1 cm cubes and mix with the **spring onion** and **coriander**. Set aside.

2 Place the same greased chargrill pan back over a medium-high heat and add the **zucchini** and **haloumi**. Cook for **1-2 minutes** on each side or until chargrilled and golden.

3 Meanwhile, heat the **traditional chapati** in the microwave or on a sandwich press.

4 To serve, wrap the **avocado**, **gem lettuce**, zucchini, haloumi and pineapple salsa up in the warm chapati. YUM!



Did you know? Pineapples require nearly three years to mature and do not continue to ripen once they have been harvested.