

Cajun Halloumi Wraps

with Wedges and Sweet Chilli

Classic 35-40 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Potatoes



Halloumi



Bell Pepper



Sweet Chilli Sauce



Cajun Blackening



Red Wine Vinegar



Rocket



Plain Taco Tortilla

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, Mayonnaise

Before you start

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

Cooking tools

Baking tray, bowl, frying pan, aluminium foil and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Halloumi** 7)	250g	375g	500g
Bell Pepper***	1	2	2
Sweet Chilli Sauce	32g	64g	64g
Cajun Blackening 9)	1 sachet	1 sachet	2 sachets
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Rocket**	20g	40g	40g
Plain Taco Tortilla 13)	6	9	12
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	5 tbsp	6 tbsp
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4533/1084	759/182
Fat (g)	53.4	8.9
Sat. Fat (g)	21.7	3.6
Carbohydrate (g)	110.2	18.5
Sugars (g)	19.5	3.3
Protein (g)	40.9	6.9
Salt (g)	4.47	0.75

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

Allergens

7) Milk 9) Mustard 13) Cereals containing gluten
14) Sulphites

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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Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use *two baking trays if necessary*.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Halloumi Time

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

Once the pan is hot, add the **halloumi** and **Cajun blackening**. Stir to coat, then fry until golden, 2-3 mins each side.



Get Prepped

Meanwhile, drain the **halloumi**, then cut it into slices (3 per person). Place them into a small bowl of **cold water** and leave to soak.

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

In a small bowl, combine the **sweet chilli sauce** and **mayonnaise** (see ingredients for amount). Set aside.



Make the Salad

While the **halloumi** fries, pop the **red wine vinegar**, **sugar** and **olive oil for the dressing** (see ingredients for both amounts) into another bowl. Mix together to make your **dressing**.

Add the **rocket** to the **dressing** and toss to coat.

Pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins.



Fry the Peppers

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

Once the **oil** is hot, add the **pepper** and fry until just soft, 3-4 mins. Continue to stir while it cooks.

Transfer the **cooked peppers** to a plate and cover with foil to keep warm.

Wipe out the (now empty) pan and pop on medium-high heat with a drizzle of **oil**.



Finish and Serve

Once golden, remove the **halloumi** from the pan and cut each **slice** in half.

Pop the warmed **tortillas** (3 per person) onto your plates and spread a spoonful of **sweet chilli mayo** over each. Top with the **rocket salad**, **cooked peppers** and **halloumi fingers** (2 per wrap).

Serve with the **wedges** alongside.

Enjoy!