



Chermoula Spiced Halloumi

with Bulgur Wheat and Chickpea Taboulleh

RAPID 20 Minutes • Medium Heat • 2.5 of your 5 a day • Veggie



Chickpeas



Chermoula Spice Mix



Vegetable Stock Powder



Bulgur Wheat



Vine Tomato



Mint



Lemon



Halloumi



Greek Yoghurt



Honey

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Coldander, Measuring Jug and Large Frying Pan.

Ingredients

	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Chermoula Spice Mix	1 small pot	1 large pot	1 large pot
Boiling Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Vine Tomato	2	3	4
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Halloumi (7)**	1 block	1½ blocks	2 blocks
Greek Yoghurt (7)**	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	506g	100g
Energy (kJ/kcal)	3575 /855	708 /169
Fat (g)	38	8
Sat. Fat (g)	21	4
Carbohydrate (g)	77	15
Sugars (g)	17	3
Protein (g)	47	9
Salt (g)	4.74	0.94

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Cook the Bulgur

a) Fill and boil your kettle. Heat a drizzle of **oil** in a large saucepan over medium high heat.

b) While the pan heats up, drain and rinse the **chickpeas** in a colander.

c) Add the **chickpeas** to the pan along with the **chermoula spice mix**. Stir and cook for 1 minute, then add the **boiling water** (see ingredients for amount) and **stock powder**.

d) Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



4. Make the Yoghurt

a) Meanwhile, put the **Greek yoghurt** in a small bowl and add **half** the mint and **half** the **lemon zest**.

b) Season with **salt** and **pepper**. Stir together and keep to one side.



2. Chop the Veggies

a) Chop the **tomatoes** into 2cm chunks.

b) Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).

c) Zest, then halve the **lemon**.

d) Cut the **halloumi** into 3 slices per person.



5. Finish Off

a) When the **halloumi** is cooked, remove the pan from the heat and drizzle the **honey** over the **halloumi**.

b) Stir the **tomato**, leftover **lemon zest** and **mint** into the **bulgur wheat**.

c) Add **salt**, **pepper** and **lemon juice** to taste.



3. Cook the Halloumi

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

b) Once hot, lay in the **halloumi**.

c) Cook the **halloumi** until golden brown, 2-3 mins on each side.



6. Serve

a) Share the **bulgur** between your plates and top with the **halloumi slices**.

b) Finish with a dollop of **herby yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.