



Chilli Jam Glazed Halloumi with Parsley Bulgur Green Peppers and Tomatoes

Classic 30 Minutes • Little Spice • 1 of your 5 a day • Veggie

22



Flat Leaf Parsley



Garlic Clove



Echalion Shallot



Green Pepper



Baby Plum Tomatoes



Halloumi



Sun-Dried
Tomato Paste



Bulgur Wheat



Vegetable Stock
Paste



Fresh Chilli
Jam

Before you start

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

Cooking tools, you will need:

Garlic Press, Bowl, Saucepan (with Lid), Frying Pan, Plate and Kitchen Paper.

Ingredients

	2P	3P	4P
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Green Pepper**	1	2	2
Baby Plum Tomatoes**	125g	190g	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
Fresh Chilli Jam	25g	37g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	3011/720	759/182
Fat (g)	34	9
Sat. Fat (g)	19	5
Carbohydrate (g)	63	16
Sugars (g)	16	4
Protein (g)	38	10
Salt (g)	4.15	1.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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1 Prep

Roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Halve, peel and finely slice the **shallot**. 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.



4 Cook the Veggies

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



2 Start the Bulgur

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



5 Fry the Halloumi

Transfer the **softened peppers and tomatoes** to a small bowl and wipe out the pan. When ready to cook, 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**. Lay the **halloumi slices** in the pan and fry until golden, 2-3 mins each side. Return the **veggies** to the pan for the final minute to reheat.



3 Cook the Bulgur

Stir the **vegetable stock paste** and the **water for the bulgur wheat** (see ingredients for amount) into the saucepan, bring to the boil. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



6 Serve

Remove the pan from the heat, let it cool slightly. Spoon the **chilli jam** onto the **halloumi** while still in the pan - the **jam** will melt and glaze the **halloumi**. 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 **chilli jam** left in the pan.

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.