



CYPRIOT HONEY THYME HALOUMI

with Minted Quinoa



The science behind golden haloumi



Quinoa



Vegetable Stock



Thyme



Zucchini



Green Beans



Haloumi



Mint

Pantry Staples



Honey



Olive Oil



Water



Hands-on: 20 mins

Ready in: 30 mins

Here's to the grillers! Those of you who live for charred, golden finish of a well grilled vegetable, we designed this recipe with you in mind. The honey and thyme glazed haloumi? Well, that's just a sweet bonus.

BEFORE YOU START

You will need: **chef's knife, chopping board, sieve, medium saucepan** with a lid, stirring **spoon, vegetable peeler, small bowl, grill pan, tongs, plate, aluminium foil** and a **pastry brush**. Let's start cooking the **Cypriot Honey Thyme Haloumi** with **Minted Quinoa**.



1 COOK QUINOA

Rinse the **quinoa**. Place the **quinoa**, crumbled **vegetable stock** cube and **water** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **10–15 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water). Return **quinoa** to the pan. Stir through half the **olive oil**.



2 GET PREPPED

Pick the **thyme** and **mint** leaves. Peel the **zucchini** into ribbons. Trim ends of the **green beans**. Slice the **haloumi** into 5 mm rectangles.



3 PREPARE HONEY & THYME GLAZE

In a small bowl, combine the **thyme**, **honey** and **hot water**. Set aside.

🌱 The heat combined with the sugar from the honey creates something known as the Maillard Reaction. It's the golden colour on your haloumi & the flavour is amazing!



4 COOK VEGETABLES

Heat the remaining **olive oil** in a grill pan over a high heat. Cook the **zucchini** ribbons for **2–3 minutes**, turning halfway until charred and golden. Set aside on a plate covered with foil. Add the **green beans** to the pan and cook for **3–4 minutes**, or until golden. Transfer to the same plate and cover.



5 COOK HALOUMI

Add the **haloumi** to the pan and brush with the **honey** and **thyme** glaze. Turn and brush with glaze every minute for **4–5 minutes**, or until golden.



6 SERVE UP

Stir the **mint** through the **quinoa**. Divide the minted quinoa, vegetables and honey thyme **haloumi** between plates.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
quinoa	1 packet (½ cup)	2 packets (1 cup)
vegetable stock	½ cube	1 cube
water*	1 ½ cups	3 cups
olive oil*	1 tbs	2 tbs
thyme	1 bunch	2 bunches
mint	1 bunch	2 bunches
zucchini	1	2
green beans	1 bag	2 bags
haloumi	¾ block	1 ½ blocks
honey*	3 tsp	1 ½ tbs
hot water*	2 tsp	1 tbs

*Pantry Items | 🌱 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kj)	2220	601
Protein (g)	24.9	6.8
Fat, total (g)	31.8	8.6
saturated (g)	13.5	3.7
Carbohydrate (g)	42.3	11.5
sugars (g)	7.8	2.1
Sodium (mg)	1190	323

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2017 | WK11 | V3

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