



# HALLOUMI SHAKSHUKA

with Lemon and Herb Couscous



## HELLO HALLOUMI

*The UK eats more of this cheese than anywhere else in the world outside its native cyprus.*



Onion



Garlic Clove



Yellow Pepper



Green Pepper



Coriander



Lemon



Halloumi



Couscous



Chermoula Spice



Finely Chopped Tomatoes

MEAL BAG

30 mins

2 of your 5 a day

Little heat

We've given the classic Middle Eastern favourite our own twist by serving it with crispy golden halloumi and a lemon and herb couscous salad. Chermoula, a middle-eastern inspired spice mix, brings a zingy fresh flavour to the rich smoky sauce which is balanced with a squeeze of fresh lemon juice and sprinkling of coriander. Quick, fresh, and filling it's the perfect recipe for a relaxed dinner at home.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, two **Large Frying Pans** (one with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



### 1 GET PREPARED

Fill and boil your kettle for the **couscous**. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **peppers** and discard their core and seeds. Slice them into thin strips. Roughly chop the **coriander** (stalks and all). Zest the **lemon** then cut in half. Chop the **halloumi** widthways into 3 slices per person.



### 2 START THE SHAKSHUKA

Heat a drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **onion** and **peppers** to the pan. Season with a pinch of **salt** and **pepper**, stir everything together, then cook until the **peppers** have softened, 6-8 mins stirring often.



### 3 COOK THE COUSCOUS

In the meantime, pop the **couscous** in a bowl with a good pinch of **salt** and **pepper** and the **olive oil** (see ingredient list for amount). Pour the boiling **water** for the couscous (see ingredients for amount) into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



### 4 SIMMER THE SHAKSHUKA

Once the **onion** and **peppers** have softened, stir in the **garlic** and **chermoula**. Cook for 1 minute, then pour in the finely **chopped tomatoes** and the **water** for the sauce (see ingredients for amount). Add a pinch of **sugar** and season with **salt** and **pepper**. Simmer until thick and **tomatoey**, 8-10 mins. Stir occasionally. **★ TIP:** Add a splash of water to the mixture if it gets a little thick.



### 5 FRY HALLOUMI

In the meantime, heat another frying pan over medium high heat (don't use any oil!). Lay the **halloumi** slices in the pan and fry until golden, 2-3 mins on each side. Once nicely coloured, remove from the heat.



### 6 GET READY TO SERVE

When the **tomato mixture** has thickened, pop the **halloumi** on top. Cover with the lid or foil, cook for 2 more mins to ensure the **halloumi** is hot! Fluff up the **couscous** with a fork, stir in the **lemon zest** and **half** the **coriander**. Season to taste with **salt**, **pepper** and a small squeeze of **lemon juice**. When everything is ready, share the **couscous** between bowls, spoon the **shakshuka** on top. Sprinkle over the remaining **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1½	2
Garlic Clove *	2	3	4
Yellow Pepper *	1	2	2
Green Pepper *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	½	¾	1
Halloumi 7) *	1 block	1½ blocks	2 blocks
Couscous 13)	150g	225g	300g
Olive Oil for the Couscous*	1	1½	2
Water for Couscous*	300ml	450ml	600ml
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 668G	PER 100G
Energy (kJ/kcal)	3473 / 830	520 / 124
Fat (g)	35	5
Sat. Fat (g)	19	3
Carbohydrate (g)	80	12
Sugars (g)	24	4
Protein (g)	44	7
Salt (g)	4.18	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten

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

### 👍 THUMBS UP OR THUMBS DOWN?

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