



Honey and Sesame Crusted Halloumi with Tabbouleh

N° 22

CLASSIC 30 Minutes • 2 of your 5 a day • Veggie



Sesame Seeds



Red Onion



Garlic Clove



Vegetable Stock Powder



Bulgur Wheat



Halloumi



Honey



Lemon



Baby Plum Tomatoes



Spring Onion



Mint



Parsley

Before you start

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

Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P
Sesame Seeds 3)	1 small pot	1 large pot	1 large pot
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Bulgur Wheat*	240ml	360ml	480ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Halloumi 7)**	1 block	1½ blocks	2 blocks
Honey	1 sachet	1½ sachets	2 sachets
Lemon**	½	1	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for Tabbouleh*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	386g	100g
Energy (kJ/kcal)	3146 / 752	816 / 195
Fat (g)	36	9
Sat. Fat (g)	19	5
Carbohydrate (g)	65	17
Sugars (g)	18	5
Protein (g)	40	11
Salt (g)	4.02	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **7)** Milk **10)** Celery **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.

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. Get Started

Preheat your oven to 200°C. Heat a medium saucepan over medium-high heat (no oil). Once hot, add the **sesame seeds** and cook, stirring, until golden brown, 1-2 mins. **TIP: Watch them like a hawk as they can burn easily.** Pop the **toasted sesame seeds** into a small bowl and set aside. Don't wash the pan up! Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).



4. Finish the Prep

Zest and halve the **lemon**. Quarter the **tomatoes**. Trim the **spring onions** then slice thinly. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **parsley** (stalks and all).



2. Cook the Bulgur

Return the saucepan to medium high heat with a drizzle of **oil**. Once hot, add the **onion** and cook, stirring frequently, until soft, 4-5 mins. Add the **garlic** and cook, stirring, for one minute more. Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan along with the **veg stock powder** and bring to the boil. 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.



5. Finish the Tabbouleh

Once the **bulgur wheat** is cooked, fluff it up with a fork, add the **lemon zest**, juice and **olive oil** (see ingredients for amounts) and fold it through. Add the **tomatoes**, **spring onion**, **mint** and **parsley** and stir this through. Taste and season with **salt** and **pepper**.



3. Halloumi Time!

Meanwhile, halve the **halloumi** lengthways so you have 2 '**steaks**' from each block. Cut each of these **steaks** in half so you have 2 triangles per person. Line a baking tray with baking paper and drizzle with **oil**. Arrange the **halloumi triangles** on the baking tray. Drizzle the **honey** over the **triangles**, spreading it with the back of a spoon so the tops are evenly coated. Sprinkle over the **toasted sesame seeds**, lightly pressing them so that they stick to the **halloumi**. Pop into the oven until the **halloumi** is golden brown, 12-15 mins.



6. Serve!

Divide the **tabbouleh** between plates and top with the **sesame-crusted halloumi**.

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.