

# Honey Sumac Halloumi Skewers Mezze Platter

with Couscous, Rocket Tomato Salad and Flatbreads

Street Food • 40 Minutes • Little Spice • 3.5 of your 5 a day • Veggie



Baby Plum Tomatoes



Cucumber



Mint



Lemon



Bell Pepper



Halloumi



Bamboo Skewers



Lemon Mint  
Parsley Couscous



Tahini Paste



Greek Yoghurt



Honey



Rocket



Flatbread



Sumac

## Before you start

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

## Cooking tools, you will need:

Two Baking Trays, Bowl, Cling Film and Mixing Bowl.

## Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Cucumber**	½	¾	1
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	½	1
Bell Pepper***	1	2	2
Halloumi 7)**	250g	375g	500g
Bamboo Skewers	4	6	8
Water*	160ml	320ml	320ml
Lemon Mint			
Parsley Couscous	100g	150g	200g
<b>13)</b>			
Tahini Paste 3)	22g	30g	44g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Greek Yoghurt 7)**	75g	100g	150g
Honey	2 sachets	3 sachets	4 sachets
Rocket	20g	30g	40g
Flatbread 7) 13)	2	3	4
Sumac	1 pot	1 pot	2 pots

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	604g	100g
	4937/1051	728/174
Fat (g)	51	9
Sat. Fat (g)	24	4
Carbohydrate (g)	92	15
Sugars (g)	30	5
Protein (g)	51	8
Salt (g)	4.59	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

3) Sesame 7) Milk 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.



### Get Prepped

Preheat your oven to 200°C. Halve the **tomatoes**. Trim the **cucumber** then halve lengthways. Chop lengthways into roughly 1cm wide lengths, then chop into 1cm chunks. Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**). Zest and halve the **lemon**. Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks. Chop the **halloumi** into 2cm chunks.



### Roast!

Thread the **halloumi** and **pepper** onto the **skewers** (2 **skewers** per person). Pop the **skewers** on a baking tray and drizzle with **oil**. Roast on the middle shelf of your oven until golden, 15-18 mins. Fill and boil your kettle.



### Couscous Time

Once the kettle has boiled, put the **couscous** in a bowl. 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.



### Make the Sauce

While everything cooks, put the **tahini** in a bowl and add the **olive oil** (see ingredient list for amount), **Greek yoghurt**, **half the honey** and **half the lemon zest**. Squeeze in some **lemon juice** and season with a pinch of **salt** and **pepper**. Stir until smooth (use a fork if easier). Taste and add more **lemon juice**, **salt** and **pepper** if you feel it needs it. Leave to the side.



### Make the Salad

Add a squeeze of **lemon juice** to a medium bowl and add a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **tomatoes** and **mint**. Stir together. Pop the **rocket** on top of the **tomatoes** (we'll toss it just before serving). Set aside. Pop the **flatbreads** in the oven for the last 2-3 mins of **skewer** cook time.



### Finish and Serve

Once the **skewers** are cooked, remove from the oven and drizzle over the remaining **honey**. Sprinkle over the **sumac**. Fluff up the **couscous** and stir through the **cucumber** and remaining **lemon zest**. Mix together the **rocket** with the **tomatoes** and dressing. Serve the **halloumi skewers**, **tomato** and **rocket salad**, **couscous**, **tahini sauce** and **flatbreads** sharing style at the table...

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.