



More Than Food
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Roasted Butternut with Garlicky Kalettes and Honeyed Walnut Halloumi

You may have found a veggie in your box this week that looks a little unfamiliar. Introducing: kalettes, our veggie of the month. These cute little green bunches are a combination of brussels sprouts and kale. As you may have guessed they are packed full of nutrients, particularly bone health boosting vitamin K. We think these are one of the most delicious of the leafy green veggies, teamed with honey and walnut drenched halloumi, they are an absolute treat!



40 mins



3.5 of your
5 a day



veggie



spicy



Butternut Squash
(1)



Smoked Paprika
(1½ tsp)



Kalettes
(120g)



Garlic Clove
(1)



Red Chilli
(¼)



Flat Leaf Parsley
(1 bunch)



Walnuts
(25g)



Halloumi
(1 block)



Honey
(3 tbsp)

2 PEOPLE INGREDIENTS

- Butternut Squash, sliced
- Smoked Paprika
- Kalettes
- Garlic Clove, grated
- Red Chilli, chopped

1
1½ tsp
120g
1
¼

- Flat Leaf Parsley, chopped
- Walnuts, crushed
- Halloumi, sliced
- Honey

1 bunch
25g
1 block
3 tbsp

🥬 Our fruit and veggies may need a little wash before cooking!

Did you know...

In its home country of Cyprus, halloumi is traditionally served with watermelon.

Allergens: Nut, Milk.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|-------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 526 kcal / 2205 kJ | 33 g | 15 g | 30 g | 23 g | 29 g | 3 g |
| Per 100g | 147 kcal / 618 kJ | 9 g | 4 g | 8 g | 6 g | 8 g | 1 g |

1



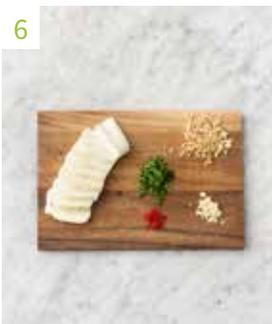
1 Preheat your oven to 210 degrees. Cut the **butternut squash** in half lengthways (no need to peel!) and scoop out the seeds with a spoon. Slice each half into **wedges** as thick as your thumb. Pop your **wedges** into a bowl and drizzle in a glug of **oil**, a good pinch of **salt** and the **smoked paprika**. Mix well, rubbing all the flavours into the flesh of your **butternut**. Pop your **wedges** on a baking tray and roast on the top shelf of your oven for 30-35 mins.

4



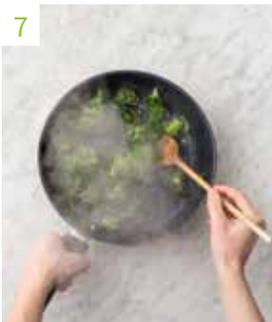
2 Whilst your butternut roasts, get on with the rest of your prep. Remove any tough bottom from the root end of the **kalettes** (just like you would with brussels sprouts!) and then rinse under cold water. Keep to one side.

6



3 Peel and grate the **garlic** (or use a garlic press if you have one). Remove the seeds from the **red chilli** and chop into very small pieces. Roughly chop the **parsley** and then crush the **walnuts** by popping them in a freezer bag and gently hitting them with the bottom of a saucepan. Cut the **halloumi** into slices (allow four per person). Keep to one side.

7



4 Mix your **walnuts** with the **honey**, a pinch of **chilli** and your **parsley**. We will drizzle this over your **halloumi** when it is cooked.

5 Heat a frying pan over medium heat and add a splash of **oil**. When the oil is hot add your **kalettes** and stir-fry for 1 minute. Season with **salt** and **black pepper** and then add your **garlic** and as much **chilli** as you fancy.

6 Add a splash of **water** and cover the pan with a lid or tinfoil. Steam your **kalettes** for 3-4 mins, then remove from the pan. If your **wedges** are ready, turn your oven off and pop your **kalettes** in your oven with your **wedges** to keep warm.

7 Wipe your frying pan clean with kitchen paper and pop it back on high heat. Add a splash of **oil** and then add your **halloumi slices**. Cook for 2-3 mins on each side. **Tip:** *The halloumi slices need to be golden brown so don't overcrowd the pan, cook in batches if necessary.* When all your **halloumi** is cooked, remove your pan from the heat and get ready to serve!

8 Arrange your **butternut wedges** on your plate and fill the gaps with your **kalettes**. Top with your **halloumi slices** and drizzle over your **honey** and **walnuts**. Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!