



# SQUASH, QUINOA & HALLOUMI SALAD

with Tahini Dressing and Walnuts



## HELLO BUTTERNUT SQUASH

*It is claimed that the name of this gourd came from "smooth as butter, sweet as nut".*



Red Onion



Butternut Squash



Lemon



Halloumi



Red and Black Quinoa



Tahini Paste



Honey



Rocket



Walnuts

- ⌚ 35 mins
- 🍏 2 of your 5 a day

Food fact! NASA has recommended Quinoa for it's space flights and the United Nations has suggested it for feeding people in areas where food is scarce. Quinoa has a wonderful taste that works great in a salad, particularly with the sweet and salty flavour of butternut with halloumi. When all the ingredients are cooked, drizzle the dish with tahini dressing and sprinkle with walnuts for a heavenly dinnertime experience.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Fine Grater**, **Large Baking Tray**, **Sieve** and **Frying Pan**. Now, let's get cooking!



## 1 GET PREPPED

Preheat your oven to 220°C and bring a large saucepan of **water** to the boil on medium-high heat. Halve and peel the **red onion**. Chop each half into quarters. Trim the **butternut squash** then halve lengthways (no need to peel) and scoop out the seeds. Chop it widthways into 2cm wide **slices**, then chop into 2cm chunks (no need to peel). Zest and halve the **lemon**. Drain and chop the **haloumi** into 2cm chunks.



## 2 ROAST THE SQUASH

Place the **butternut** on a large baking tray in a single layer. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat, then roast on the top shelf of your oven until golden and tender, 25-30 mins. Halfway through, add the **red onion** to the tray and turn the **squash**. Roast for the remaining time.



## 3 SIMMER THE QUINOA

Meanwhile, add the **quinoa** and a pinch of **salt** to the pan of boiling **water** and simmer until the **quinoa** is tender and the seed has split, about 10 mins. Drain in a sieve and leave to cool.



## 4 MAKE THE DRESSING

While everything cooks, put the **tahini** in a small bowl and add the **honey**, along with the **olive oil**, and **water** (see Ingredients for both amounts). Squeeze in the **juice** from **half the lemon**, a pinch of **salt** and **pepper** and 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.



## 5 FRY THE HALLOUMI

When the **veg** is roasted, heat a drizzle of **oil** in a frying pan on medium high. When hot, add the **haloumi** and fry until golden on each side, 5-6 mins total. Turn every 1-2 mins. Remove the pan from the heat. Have a tidy up if your **veggies** haven't quite finished roasting.

## 6 FINISH AND SERVE

Once everything is cooked, pop the **squash** and **onion**, **lemon zest**, **quinoa**, **rocket** and **half the haloumi** into a large bowl. Add **three-quarters** of the **dressing** and gently toss everything together. Divide the **salad** into bowls and top with the remaining **haloumi** and drizzle over the remaining **dressing**. Sprinkle over the **walnuts**, serve with any remaining **lemon** chopped into **wedges**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Butternut Squash *	1 small	1 large	2 small
Lemon *	1	1	2
Halloumi 7) *	1 block	1½ blocks	2 blocks
Red and Black Quinoa	50g	75g	100g
Tahini Paste 3)	1 sachet	1½ sachet	2 sachets
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing *	1½ tbsp	2 tbsp	3 tbsp
Water for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Rocket *	1 bag	1½ bags	2 bags
Walnuts 2)	1 small bag	1 large bag	1 large bag

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 557G	PER 100G
Energy (kJ/kcal)	3558 /851	639 /153
Fat (g)	53	10
Sat. Fat (g)	21	4
Carbohydrate (g)	52	9
Sugars (g)	25	5
Protein (g)	42	7
Salt (g)	3.38	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

2) Nut 3) Sesame 7) Milk

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?

Head online or use our app to rate this recipe or get in touch via [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:



HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ



Packed in the UK

YOU CAN RECYCLE ME!

HelloFRESH