



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Halloumi Cheese


“Squeaky” or “grilling” cheese are other names for this popular and delicious cheese! Originally from Cyprus and made using non-animal rennet, this cheese is meant to be heated up before eating!



## H2 Halloumi and Zucchini Skewers with Capsicum Sauce

Colourful halloumi and vegetable skewers served with fresh rocket leaves and a homemade capsicum sauce.

 30 minutes

 2 servings

 Vegetarian

15 April 2022

## Switch it up!

*Instead of making skewers, you can transform this dish into a salad platter. Roast cherry tomatoes, zucchini slices and halloumi to toss through the rocket leaves and lentils. Drizzle over capsicum sauce.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 34g **CARBOHYDRATES** 31g

## FROM YOUR BOX

HALLOUMI	1 packet
ZUCCHINI	1
CHERRY TOMATOES	1 bag (200g)
CAPSCUM STRIPS	1 tub (100g)
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, skewers

## KEY UTENSILS

griddle pan, stick mixer

## NOTES

You can use a regular frypan or BBQ instead of a griddle pan if desired.

Add some nuts or seeds such as almonds, walnuts, sunflower seeds or pepitas to capsicum sauce if you have some.



## 1. PREPARE THE SKEWERS

Cube halloumi. Reserve 1/3 of the zucchini for step 3. Slice remaining zucchini into crescents. Thread halloumi cubes, zucchini slices and 1/2 of the cherry tomatoes on **4 skewers**. Coat with **oil, salt and pepper**.



## 2. COOK THE SKEWERS

Heat a griddle pan (see notes) over medium-high heat with **oil**. Add skewers and cook for 10-12 minutes, turning occasionally, or until all sides are brown and vegetables are tender.



## 3. MAKE CAPSICUM SAUCE

Roughly chop reserved zucchini. Add to a jug along with capsicum strips, 3 tbsp liquid from capsicum tub, **garlic clove, salt and pepper** (see notes). Blend together with a stick mixer.



## 4. TOSS FRESH VEGETABLES

Drain and rinse lentils. Halve remaining cherry tomatoes. Add to a large bowl along with rocket leaves. Toss to combine.



## 5. FINISH AND SERVE

Divide tossed fresh vegetables among plates. Serve with halloumi skewers and capsicum sauce.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

