



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!



H4 Halloumi and Zucchini Skewers with Capsicum Sauce

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

 30 minutes

 4 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** 22g **TOTAL FAT** 25g **CARBOHYDRATES** 20g

FROM YOUR BOX

HALLOUMI	1 packet
ZUCCHINIS	2
CHERRY TOMATOES	1 bag (400g)
CAPSCUM STRIPS	1 tub (100g)
TINNED LENTILS	400g
ROCKET LEAVES	1 bag (120g)

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 1/2 a zucchini for step 3. Slice remaining zucchini into crescents. Thread halloumi cubes, zucchini slices and 1/2 of the cherry tomatoes on **8 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**

