



Product Spotlight: Pepitas

Pepita seeds (pumpkin seeds) are a rich source of the mineral zinc. This essential mineral has a long list of health benefits; healing, growth, development and immune function.



Halloumi Wraps with Spicy Pico Verde

Fresh wraps from proud Perth-locals, Mughal's, served with pan-fried halloumi, a spicy pico verde, fresh crunchy coleslaw and toasted pepitas!



25 minutes



2 servings



Vegetarian

7 April 2023

Spice it down!

For those who prefer a milder dish, omit the chilli from the pico verde. For those who like it spicy, use the chilli as a garnish with the pepitas instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	49g	26g

FROM YOUR BOX

RED CHILLI	1
LEBANESE CUCUMBER	1
AVOCADO	1
LIME	1
COLESLAW	1 bag (250g)
PEPITAS	1 packet (40g)
HALLOUMI	1 packet
WRAPS	6-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, garlic clove, vinegar of choice, smoked paprika, dried oregano

KEY UTENSILS

frypan

NOTES

Substitute olive oil for natural yoghurt or mayonnaise to dress the coleslaw if desired.

No gluten substitute – wraps are replaced with gluten-free wraps. See packet for serving instructions.



1. MAKE THE PICO VERDE

Deseed and dice red chilli. Dice cucumber and avocado. Crush **garlic clove**. Add to a bowl along with zest from lime and juice from 1/2 lime (wedge remaining). Season with **salt and pepper**. Toss to combine.



2. PREPARE THE COLESLAW

Add **2 tbsp olive oil, 1 1/2 tbsp vinegar, salt and pepper** to a large bowl (see notes). Whisk to combine. Add coleslaw and toss to coat.



3. TOAST THE PEPITAS

Heat a frypan over medium-high heat with **1 tbsp oil**. Add pepitas to pan along with **1 tsp oregano, 1 tsp paprika, salt and pepper**. Cook for 1-3 minutes until golden. Remove from pan and keep pan over heat (see step 4).



4. COOK THE HALLOUMI

Add extra **oil** to pan. Slice and add halloumi. Cook for 2 minutes each side or until golden.



5. FINISH AND SERVE

Divide wraps among plates. Serve with coleslaw, pico verde and halloumi. Sprinkle over pepitas.



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