



Product Spotlight: Halloumi

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



Honey Grilled Halloumi

with Tabouleh

A herbaceous tabouleh of parsley, bulgur, tomato and cucumber served over a zingy and creamy white bean dip, topped with mixed seeds and spiced honey halloumi.



25 minutes



4 servings



Vegetarian

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Warm it up!

To warm up this dish, skip making the bean dip and crisp cannellini beans in a fry pan.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	44g	66g

FROM YOUR BOX

BULGUR	1 packet (200g)
LEMON	1
TINNED CANNELLINI BEANS	400g
GARLIC CLOVE	1
LEBANESE CUCUMBERS	2
TOMATOES	2
PARSLEY	1 packet
HALLOUMI	300g
HONEY SHOT	1
SEED MIX	1 packet (80g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes, white wine vinegar

KEY UTENSILS

frypan, saucepan, stick mixer

NOTES

The seed mix is made up of pepitas and sunflower seeds.

Reduce the quantity of chilli flakes or omit altogether for a milder dish.

Toast the seed mix for extra flavour.

No gluten option – bulgur is replaced with **sorghum**. Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



1. COOK THE BULGUR

Place bulgur in a saucepan with plenty of water. Bring to a boil and simmer for 15–20 minutes. Drain and rinse.



2. MAKE THE BEAN DIP

Zest lemon (reserve remaining lemon for step 4). Drain and rinse cannellini beans. Add to a jug along with 1 garlic clove, **1 tbsp vinegar, salt and pepper**. Blend to smooth consistency using a stick mixer.



3. MAKE THE TABOULEH

Add juice from 1/2 lemon (wedge remaining) and **1/4 cup olive oil** to a large bowl. Dice cucumbers and tomatoes. Finely chop parsley. Add to bowl as you go.



4. COOK THE HALLOUMI

Heat a large frypan over medium-high heat with **oil**. Slice halloumi and add to pan as you go. Cook for 2 minutes each side or until golden. Remove pan from heat. Squeeze honey over halloumi and sprinkle over **1 tsp chilli flakes** (see notes).



5. TOSS THE BULGUR

Add bulgur to the salad. Season with **salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Smear bean dip on base of plates. Divide tabouleh among plates and serve with halloumi. Sprinkle over seed mix (see notes). Garnish with extra chilli flakes if desired.

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**

