



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Thyme


To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



L4 Thyme Freekeh Stew with Lemon Halloumi

Flavourful thyme and rainbow vegetable stew spooned over rich nutty freekeh and served with halloumi pan-fried with lemon zest and thyme.

 25 minutes

 4 servings

 Vegetarian

29 July 2022

Spice it up!

You can add something to this recipe that makes it more exciting if you're an adventurous foodie or you want to add a little more excitement to your cooking!

Per serve: **PROTEIN** 25g **TOTAL FAT** 25g **CARBOHYDRATES** 40g

FROM YOUR BOX

FREEKEH	1 packet (150g)
BROWN ONION	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
THYME	1 packet
VEGETABLE STOCK PASTE	1 jar
HALLOUMI	1 packet
LEMON	1
KALE	1 bunch

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

2 saucepans, frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No gluten option - freekeh is replaced with quinoa. Cook for 10-15 minutes then follow recipe instructions.



1. COOK THE FREEKEH

Place freekeh in a saucepan and cover with plenty of water. Bring to the boil and simmer for 13-15 minutes or until tender. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with oil. Dice onion and capsicum. Halve cherry tomatoes. Add to pan as you go along with 3/4 packet thyme. Sauté for 3-4 minutes until onion begins to soften.



3. SIMMER THE STEW

Add stock paste to stew. Pour in **1 L water**. Simmer, covered, for 8 minutes or until vegetables are tender.



4. COOK THE HALLOUMI

Dice halloumi and zest lemon. Add to a bowl along with remaining thyme and **1 tbsp oil**. Toss to combine. Heat a frypan over medium-high heat. Add halloumi and cook for 4-5 minutes until golden on each side.



5. ADD THE KALE

Remove kale leaves from stalks. Roughly tear or chop. Add the stew and stir through. Cook for a further 2 minutes. Squeeze in juice from 1/2 lemon and wedge remaining.



6. FINISH AND SERVE

Divide freekeh among bowls. Spoon over stew and top with halloumi. Serve with lemon wedges.

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

