



### Product Spotlight: Halloumi

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



## Mix it up!

*Toss your veggies with cumin seeds, fennel seeds or a pre-made cajun spice mix to change it up! If you have extra time on your hands you can make a nut crumb out of the almonds and blending the mint with yoghurt or mayonnaise for a sauce instead.*

## 1 Mint Pesto Fish with Halloumi Tray Bake

A speedy tray bake with corn, tomatoes and halloumi tossed with a little chilli spice, served with white fish and a creamy home made mint pesto.



30 minutes



2 servings



Fish

## FROM YOUR BOX

SHALLOT	1
ZUCCHINI	1/2 *
RED CAPSICUM	1
CORN COB	1
HALLOUMI	1 packet
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *
ALMONDS	1/2 packet (40g) *
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, chilli flakes, ground coriander, dried thyme, red wine vinegar

## KEY UTENSILS

oven dish, stick mixer or small food processor

## NOTES

If you don't have a deep oven dish you can use two oven trays instead.

The cook time for the fish will depend on the thickness of the fillet.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Coat with oil, salt and pepper. Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge shallot, slice zucchini and capsicum. Cut corn into cobbettes. Tear apart halloumi into chunks. Add to a lined oven dish with tomatoes.



### 2. ROAST THE VEGETABLES

Add **1/2 tbsp ground coriander**, **1/4 tsp chilli flakes** and **1/2 tsp dried thyme** along with **1/4 cup olive oil** to vegetables. Season with **salt and pepper** and toss to combine. Roast for 15 minutes (see step 4).

### 3. MAKE THE PESTO

Roughly chop mint leaves and almonds. Blend together with **2 tbsp vinegar**, **3 tbsp olive oil** and **1 tbsp water** until smooth. Season with **salt and pepper** to taste.



### 4. COOK THE FISH

Coat fish fillets with **oil, salt and pepper**. Place on top of vegetables and return to oven for 5-10 minutes until fish is cooked through (see notes).



### 5. FINISH AND PLATE

Divide vegetables and fish over plates. Serve with mint pesto on top.

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