

**Product Spotlight:
Avocado**

Did you know avocado trees do not self-pollinate? They need another avocado tree close by to grow. So romantic!



Crumbed Halloumi with Mango Chutney Salad

Cumin spiced halloumi, coated in a crispy panko and sesame crumb, cooked until golden, served on a sweet potato salad and drizzled with a sweet mango chutney dressing.



30 minutes



2 servings



Vegetarian

Add some herbs!

Fresh mint or coriander are delicious additions to this salad! You could also add some sunflower or alfalfa sprouts if you want to stretch the salad. Double the dressing if needed!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	19g	43g

FROM YOUR BOX

SWEET POTATOES	400g
MANGO CHUTNEY	1 jar
LEBANESE CUCUMBER	1
RED CAPSICUM	1
AVOCADO	1
MESCLUN LEAVES	1 bag (60g)
HALLOUMI	1 packet
PANKO/SESAME MIX	1 packet (25g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

large frypan, oven tray

NOTES

You can use ground coriander, curry powder or garam masala to spice the halloumi instead of cumin if preferred!

No gluten option – panko/sesame mix is replaced with quinoa flakes.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice sweet potato and toss with **2 tsp cumin, oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



2. PREPARE THE DRESSING

Combine 1/2 jar mango chutney with **3 tbsp water** to reach a runny consistency.



3. PREPARE THE SALAD

Slice cucumber, capsicum and dice avocado. Set aside with mesclun leaves.



4. CRUMB THE HALLOUMI

Slice halloumi into quarters. Coat with **1/2 tbsp cumin** and **oil** (see notes). Press into panko/sesame mix until coated.



5. COOK THE HALLOUMI

Heat a frypan over medium-high heat and cover base with **oil**. Cook halloumi for 2–3 minutes each side until golden.



6. FINISH AND SERVE

Gently toss salad with cooked sweet potato and divide among shallow bowls. Spoon over dressing to taste and top with crispy halloumi.



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