



Product Spotlight: Fennel

Fennel has a mild liquorice flavour and is a very versatile vegetable! If you are not used to cooking with fennel try substituting celery, bean sprouts or even onion in some recipes with fennel! It works great in casseroles, soups, and lasagna too!



Halloumi Schnitzel

with Mash and Slaw

Slices of halloumi, coated in panko crumbs and pan-fried into delicious vegetarian schnitzels, served over creamy potato mash with warming mushrooms gravy and a fresh coleslaw.



30 minutes



2 servings



Vegetarian

To peel or not to peel!

Peeling potatoes before chopping will give you a extra smooth mash. We choose to leave the skin on as it speeds up prep time and gives you the added nutritional benefits.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	23g	101g

FROM YOUR BOX

MEDIUM POTATOES	3
LEMON	1
GREEN CABBAGE	1/4
RED APPLE	1
FENNEL	1 bulb
HALLOUMI	1 packet
PANKO CRUMBS	40g
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce, flour of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Add milk, cream, butter or olive oil to the mash for extra flavour.

For extra flavour, coat halloumi in mustard before coating in panko crumbs.

No gluten option – panko crumbs are replaced with quinoa flakes.



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1. BOIL THE POTATOES

Roughly chop potatoes. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid** before draining. Return potatoes to saucepan along with reserved cooking liquid. Mash to desired consistency. Season well with **salt and pepper** (see notes).



4. COOK THE HALLOUMI

Heat a frypan over medium-high with **oil**. Add halloumi and cook for 2–3 minutes each side until golden. Remove to a plate and keep pan over heat (see step 5).



2. MAKE THE COLESLAW

Add lemon zest and juice from 1/2 lemon (wedge remaining), **3 tbsp olive oil, salt and pepper** to a large bowl. Thinly slice cabbage, apple and fennel (reserve any fronds for garnish). Add to dressing and toss to coat.



5. MAKE MUSHROOM GRAVY

Add extra **oil** to pan along with mushrooms and garlic. Sauté for 4 minutes until mushrooms are browned. Gently stir in **3 tsp flour** and **3 tsp soy sauce** until combined. Pour in **1 cup water** and simmer for 4–6 minutes until thickened. Season to taste with **soy sauce** and **pepper**.



3. PREPARE THE INGREDIENTS

Slice halloumi. Coat with **oil** (see notes) and press into panko crumbs. Slice mushrooms and crush garlic.



6. FINISH AND SERVE

Divide coleslaw and mash among plates. Add halloumi schnitzels and pour over mushroom gravy. Serve with lemon wedges and any reserve fennel fronds.

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**

