

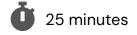




Honey Grilled Halloumi

with Tabbouleh

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





2 servings



Warm it up!

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

TOTAL FAT CARBOHYDRATES

40g

35g

70g

FROM YOUR BOX

BULGUR	100g
LEMON	1
TINNED CANNELLINI BEANS	400g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
ТОМАТО	1
PARSLEY	1 packet
HALLOUMI	1 packet
HONEY SHOT	1
SEED MIX	40g

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan, stick mixer

NOTES

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

Toast the seed mix for extra flavour.

No gluten option - bulgur is replaced with precooked brown rice & quinoa mix. Warm according to the packet instructions.

Seed mix: pepitas and sunflower seeds.



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 3). Drain and rinse **cannellini beans**. Add to a jug along with 1 garlic clove, 1 tbsp vinegar, salt and pepper. Blend to smooth consistency with a stick mixer.



3. MAKE THE TABBOULEH

Add juice from 1/2 lemon (wedge remaining) and 2 tbsp olive oil to a large bowl. Dice cucumber and tomato. 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 1/2 tsp chilli flakes (use to taste).



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 tabbouleh among plates and serve with halloumi. Sprinkle over seed mix (see notes). Garnish with extra chilli flakes if desired.

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