



### Product Spotlight: Halloumi

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



## 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.



25 minutes



2 servings



Vegetarian

## Warm it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	35g	70g

## FROM YOUR BOX

BULGUR	100g
LEMON	1
TINNED CANNELLINI BEANS	400g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
TOMATO	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 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.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

