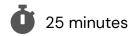






# Golden Halloumi Stew

A tomato vegetable stew with golden halloumi pieces and fragrant thyme, served over fluffy white quinoa and finished with fresh rocket leaves.







# Switch it up!

This stew is also delicious served over pasta, mash or rice! You can add chickpeas, diced chicken, meatballs or sausage for extra protein!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

22g

16g

44g

#### FROM YOUR BOX

QUINOA	1 packet (200g)
HALLOUMI	1 packet
THYME	1 packet
RED ONION	1
YELLOW CAPSICUM	1
RED CAPSICUM	1
MUSHROOMS	200g
TOMATO SUGO	1 jar
ROCKET LEAVES	1 bag (60g)

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Add some chilli flakes if you like!

We added the whole thyme sprigs from 1/2 packet to this dish. You can either pick the leaves to add, or discard the sprigs just before serving.





### 1. COOK THE QUINOA

Place guinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse. Press into sieve to squeeze out excess water.



#### 2. FRY THE HALLOUMI

Heat a large frypan with oil over mediumhigh heat. Dice halloumi (1cm cubes) and add to pan with thyme leaves from 1/4 packet. Cook until golden. Remove to a plate, keeping pan over heat.



#### 3. ADD THE VEGETABLES

Slice red onion and capsicums. Add to pan as you go with more thyme, to taste, (see notes) and 2 tsp oregano. Roughly chop and add mushrooms. Cook for 5 minutes.



# 4. SIMMER THE STEW

Stir in tomato sugo and 1/4 jar water. Simmer, uncovered, for 5 minutes, Season with salt and pepper to taste.



## **5. FINISH AND SERVE**

Serve stew over quinoa. Top with golden halloumi, thyme leaves to taste, and rocket leaves. Drizzle with balsamic vinegar.





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