




### 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!



## Crispy Halloumi with Mushroom Gravy & Fennel 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

 4 servings

 Vegetarian

## To peel or not to peel!

*Peeling potatoes before chopping will give you an 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** 2g **TOTAL FAT** 40g **CARBOHYDRATES** 66g

## FROM YOUR BOX

|                  |          |
|------------------|----------|
| MEDIUM POTATOES  | 1kg      |
| LEMON            | 1        |
| GREEN CABBAGE    | 1/4      |
| RED APPLES       | 2        |
| FENNEL           | 1 bulb   |
| HALLOUMI         | 1 packet |
| PANKO CRUMBS     | 60g      |
| BUTTON MUSHROOMS | 300g     |
| GARLIC CLOVE     | 2        |

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## NOTES

Peel potatoes for a smoother mash. You can add milk, cream, butter or olive oil 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. MAKE THE MASH

Chop **potatoes** and add to a saucepan with plenty of **water**. Bring to a boil and simmer for 15 minutes or until tender. Reserve **1/2 cup cooking liquid**, then drain. Return potatoes to pan with reserved liquid and mash. 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 **1 tbsp flour** and **1 tbsp soy sauce** until combined. Pour in **1 1/2 cups 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**

