




### Product Spotlight: Avocado


Did you know avocado trees do not self-pollinate? They need another avocado tree close by to grow. So romantic!



## Crumbed Halloumi with Mango Chutney Salad

Cumin spiced halloumi, coated in a crispy panko and sesame crumb, cooked until golden, served on a sweet potato salad and drizzled with a sweet mango chutney dressing.

 30 minutes

 4 servings

 Vegetarian

## Add some herbs!

*Fresh mint or coriander are delicious additions to this salad! You could also add some sunflower or alfalfa sprouts if you want to stretch the salad. Double the dressing if needed!*

Per serve: **PROTEIN** 25g **TOTAL FAT** 32g **CARBOHYDRATES** 59g

## FROM YOUR BOX

SWEET POTATOES	400g
MANGO CHUTNEY	1 jar
LEBANESE CUCUMBER	1
RED CAPSICUM	1
AVOCADO	1
MESCLUN LEAVES	120g
HALLOUMI	2 packets
PANKO/SESAME SEED MIX	50g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

## KEY UTENSILS

large frypan, oven tray

## NOTES

You can use ground coriander, curry powder or garam masala to spice the halloumi instead of cumin if preferred!

**No gluten option** - panko/sesame mix is replaced with quinoa flakes.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.  
Dice **sweet potato** and toss with **2 tsp cumin, oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 2. PREPARE THE DRESSING

Combine **1/2 jar mango chutney** with **3 tbsp water** to reach a runny consistency.



### 3. PREPARE THE SALAD

Slice **cucumber, capsicum** and dice **avocado**. Set aside with **mesclun leaves**.



### 4. CRUMB THE HALLOUMI

Slice **halloumi** into quarters. Coat with **1 tbsp cumin** and **oil** (see notes). Press into **panko/sesame mix** until coated.



### 5. COOK THE HALLOUMI

Heat a frypan over medium-high heat and cover base with **oil**. Cook **halloumi** for 2–3 minutes each side until golden.



### 6. FINISH AND SERVE

Gently toss salad with cooked sweet potato and divide among shallow bowls. Spoon over dressing to taste and top with crispy halloumi.



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