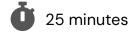






# Golden Halloumi Stew

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!

TOTAL FAT CARBOHYDRATES

22g

44g

# FROM YOUR BOX

QUINOA	200g
HALLOUMI	1 packet
ТНҮМЕ	1 packet
RED ONION	1
YELLOW CAPSICUM	1
RED CAPSICUM	1
MUSHROOMS	200g
TOMATO SUGO	1 jar
ROCKET LEAVES	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 quinoa in a saucepan and cover with plenty of water. Bring to a 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 1/4 packet thyme leaves. 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.



