



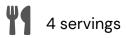


Halloumi Souvlaki

with Grilled Eggplant

Dukkah-crusted halloumi pan-fried and packed into flatbread with grilled eggplant, capsicum and onion, served with tomato relish and baby spinach.







Roast it!

Instead of grilling, toss the seasoned vegetables on a lined oven tray and roast in an oven set to 220°C.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

35g 40g

38g

FROM YOUR BOX

LEMON	1
EGGPLANT	1
GREEN CAPSICUM	1
RED ONION	1
HALLOUMI	2 packets
DUKKAH	1 packet
FLATBREADS	5-pack
TOMATO RELISH	1 jar
BABY SPINACH	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

frypan, griddle pan

NOTES

You can slice halloumi into strips if preferred.

Sprinkle any leftover dukkah over filled flatbread.

No gluten option - flatbreads are replaced with GF wraps. Warm according to packet instructions.

Dukkah: sesame seeds, almonds, spices, salt





1. SEASON THE VEGGIES

Zest lemon. Add to a bowl along with 3 tbsp oil, 2 tsp paprika, salt and pepper mix to combine. Slice eggplant and capsicum, cut onion into rings and wedge lemon. Add to bowl and toss to coat.



2. GRILL THE VEGGIES

Heat a griddle-pan over medium-high heat. Add veggies and grill, turning, for 6-8 minutes until tender.



3. CRUMB THE HALLOUMI

Cut halloumi in 4 pieces (see notes) and coat with **oil**. Press into dukkah to crumb.



4. COOK THE HALLOUMI

Heat a frypan over medium-high heat and cover base with **oil**. Add halloumi and cook for 2–3 minutes each side. Remove from pan and reserve pan for step 5.



5. WARM THE FLATBREAD

Reheat reserved pan over medium-high heat (wipe clean if necessary). Add flatbreads to pan, in batches, and cook for 1 minute each side to warm.



6. FINISH AND SERVE

Slice halloumi.

Fill flatbread with tomato relish, baby spinach, grilled veg and halloumi. Serve with grilled lemon wedges.

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