

**Product Spotlight:  
Thyme**

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



## Thyme Freekeh Stew

### with Lemon Halloumi

Flavourful thyme and rainbow vegetable stew spooned over rich nutty freekeh, served with halloumi pan-fried with lemon zest and thyme.



25 minutes



4 servings



Vegetarian

## Spice it up!

*Add 1/2-1 tsp dried chilli flakes and a drizzle of honey to the pan-fried halloumi to spice up this dish!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 37g     | 29g       | 84g           |

## FROM YOUR BOX

|                       |           |
|-----------------------|-----------|
| FREEKEH               | 200g      |
| BROWN ONION           | 1         |
| YELLOW CAPSICUM       | 1         |
| CHERRY TOMATOES       | 2 x 200g  |
| THYME                 | 1 packet  |
| VEGETABLE STOCK PASTE | 1 jar     |
| HALLOUMI              | 2 packets |
| LEMON                 | 1         |
| KALE                  | 1 bunch   |

## FROM YOUR PANTRY

oil for cooking

## KEY UTENSILS

2 saucepans, frypan

## NOTES

Use up leftover veggies. Grated zucchini, diced sweet potato, pumpkin, and other root veg would work well. Add extra water and season to taste.

Instead of adding kale to the stew, pan-fry it with oil to make crispy kale and use it as a topping.

**No gluten option – freekeh is replaced with quinoa.** Place in a saucepan, cover with plenty of water. Simmer for 10–15 minutes until tender. Drain and rinse then follow recipe instructions.



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### 1. COOK THE FREEKEH

Place **freekeh** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 13–15 minutes or until tender. Drain and rinse.



### 2. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with **oil**. Dice **onion** and **capsicum**. Halve **cherry tomatoes**. Add to pan as you go along with 3/4 packet **thyme**. Sauté for 3–4 minutes until onion begins to soften (see notes).



### 3. SIMMER THE STEW

Add **stock paste** to stew. Pour in **1 L water**. Simmer, covered, for 8 minutes or until vegetables are tender.



### 4. COOK THE HALLOUMI

Dice **halloumi** and zest **lemon**. Add to a bowl along with remaining thyme and **1 tbsp oil**. Toss to combine. Heat a frypan over medium-high heat. Add halloumi and cook for 4–5 minutes until golden on each side.



### 5. ADD KALE TO THE STEW

Remove **kale** leaves from stalks (see notes). Roughly tear or chop. Add to the stew and stir through. Cook for a further 2 minutes. Squeeze in juice from 1/2 lemon and wedge remaining.



### 6. FINISH AND SERVE

Divide freekeh among bowls. Spoon over stew and top with halloumi. Serve with lemon wedges.

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