

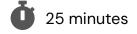




Honey Grilled Halloumi

with Tabbouleh

A herbaceous tabbouleh of parsley, bulgur, tomato and cucumber served over a zingy and creamy white bean dip, topped with mixed seeds and spiced honey halloumi.







Warm it up!

To warm up this dish, skip making the bean dip and crisp cannellini beans in a fry pan.

TOTAL FAT CARBOHYDRATES

36g

62g

FROM YOUR BOX

	4 PERSON	6 PERSON
BULGUR	200g	200g + 100g
LEMON	1	2
TINNED CANNELLINI BEANS	400g	2 x 400g
GARLIC CLOVE	1	2
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
PARSLEY	1 packet	2 packets
HALLOUMI	2 packet	3 packets
HONEY SHOT	1	2
SEED MIX	80g	80g + 40g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes, white wine vinegar

KEY UTENSILS

frypan, saucepan, stick mixer

NOTES

Toast the seed mix for extra flavour.

No gluten option - bulgur is replaced with precooked brown rice & quinoa mix. Warm according to the packet instructions.

Seed mix: pepitas and sunflower seeds.



1. COOK THE BULGUR

Place **bulgur** in a saucepan with plenty of water. Bring to a boil and simmer for 15–20 minutes. Drain and rinse.



2. MAKE THE BEAN DIP

Zest **lemon** (reserve remaining lemon for step 3). Drain and rinse **cannellini beans**. Add to a jug along with **garlic**, 1 **tbsp vinegar**, **salt and pepper**. Blend to smooth consistency using a stick mixer.

6P - add zest from 1 1/2 lemons, 1 1/2 tbsp vinegar and remaining ingredients as per above instructions.



3. MAKE THE TABBOULEH

Add juice from 1/2 lemon (wedge remaining) and 1/4 cup olive oil to a large bowl. Dice cucumbers and tomatoes. Finely chop parsley. Add to bowl as you go.

6P - use juice from 1 lemon (wedge remaining lemon) and 1/3 cup olive oil.



4. COOK THE HALLOUMI

Heat a large frypan over medium-high heat with oil. Slice halloumi and add to pan as you go. Cook for 2 minutes each side or until golden. Remove pan from heat. Squeeze honey over halloumi and sprinkle over 1 tsp chilli flakes (use to taste).



5. TOSS THE BULGUR

Add **bulgur** to the salad. Season with **salt and pepper.** Toss to combine.



6. FINISH AND SERVE

Smear **bean dip** on base of plates. Divide **tabbouleh** among plates and serve with **halloumi**. Sprinkle over **seed mix** (see notes). Garnish with extra **chilli flakes** if desired.

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