



Product Spotlight: Halloumi

"Squeaky" or "grilling" cheese are other names for this delicious cheese! Originally from Cyprus and made using non-animal rennet, this cheese is meant to be heated up before eating!



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.



25 minutes



4/6 servings



Vegetarian

Warm it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	33g	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 TABBLOUEH

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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

