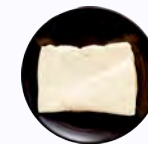




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT:
HALLOUMI

“Squeaky” or “grilling” cheese are other names for this popular and delicious cheese! Originally from Cyprus, this cheese is meant to be heated up prior to eating!



2. QUICK BEEF & FENNEL STEW WITH HALLOUMI

 20 Minutes

 2 Servings

Speedy mid-week beef stew with fennel, pearl barley and golden chunks of pan-fried halloumi.

FROM YOUR BOX

PEARL BARLEY	1 packet (50g)
HALLOUMI	1 packet
LARGE HERB & GARLIC MEATBALLS	300g
FENNEL (SMALL)	1
CELERY STICK	1
CRUSHED TOMATOES	400g
CARROT	1
BREAD ROLL	1 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, fennel seeds

KEY UTENSILS

saucepan, large frypan with lid, kettle

NOTES

To prepare the fennel, remove the outer layer of the bulb, cut in half and remove the core. Dice to desired size and reserve some fronds for garnish if you like!

Dice vegetables and cheese according to the preferred size for your family. Younger kids might prefer smaller diced veggies while older kids and adults might prefer a more chunky stew!

No beef option - beef meatballs are replaced with chicken mince. Increase seasoning by adding a stock cube or favourite dried herb and crushed garlic.

No gluten option - bread roll is replaced with 1/2 GF bread loaf and pearl barley is replaced with brown rice.



1. COOK THE PEARL BARLEY

Boil the kettle (optional).

Place pearl barley in a saucepan and pour over hot water from the kettle. Bring to the boil and cook for 15 minutes or until tender but still firm.



2. COOK THE HALLOUMI

Heat a large pan with **oil** over high heat. Dice and add halloumi. Cook, stirring, until golden. Remove, keeping pan over high heat.



3. ADD MEATBALLS & VEGGIES

Add meatballs and break up into bite sized pieces. Dice fennel (see notes) and celery stick, add to the pan as you go (see notes). Season with **1/2 tsp fennel seeds, salt and pepper.**



4. SIMMER THE STEW

Pour in tinned tomatoes and **1/2 tin water**. Dice and add carrot, bring to the boil and simmer, covered, over medium-high heat for 10 minutes.



5. ADD BARLEY & HALLOUMI

Drain barley and add straight into pan along with halloumi.



6. FINISH AND PLATE

Adjust seasoning of the stew if needed.

Serve into bowls with a side of bread to mop up the sauces.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

