



More Than Food
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Harissa Halloumi with Pomegranate Tabbouleh

Undoubtedly one of the most beautiful ingredients you can lay your mitts on, the pomegranate has been celebrated as a symbol of ambition and prosperity since Ancient Egypt. In fact, it seems that pretty much every ancient culture from the Middle East to the Far East has drawn, praised and written about it. For tonight's dinner, you'll be taking the bold step of adding it to this delicious recipe and we're pretty sure you'll be making your own little piece of dinner time history.

30 mins

2 of your 5 a day

veggie

super spicy

mealkit



Water (300ml)



Lemon (1)



Bulgur Wheat (150g)



Red Onion (½)



Flat Leaf Parsley (1 bunch)



Vine Tomato (2)



Natural Yoghurt (1 pot)



Halloumi (1 block)



Harissa Spice Mix (1½ tsp)



Pomegranate Seeds (50g)

2 PEOPLE INGREDIENTS

- Water
- Lemon
- Bulgur Wheat
- Red Onion, chopped
- Flat Leaf Parsley, chopped

300ml
1
150g
½
1 bunch

- Vine Tomato, chopped
- Natural Yoghurt
- Halloumi
- Harissa Spice Mix
- Pomegranate Seeds

2
1 pot
1 block
1½ tsp
50g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pomegranates get their beautiful hue from the phytonutrients called anthocyanins which have great health benefits!

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	676 kcal / 2843 kJ	28 g	15 g	71 g	15 g	38 g	3 g
Per 100g	125 kcal / 526 kJ	5 g	3 g	13 g	3 g	7 g	1 g



1 Bring a pot of **water** to the boil (amount specified in the ingredient list) and grate a little of the **lemon zest**. Pour the **bulgur wheat** into the boiling **water** and add your **lemon zest** and a pinch of **salt**. Place a lid on the pot and rest off the heat for 25 mins, or until the **water** has completely soaked into your **wheat**.



2 Peel and finely chop the **onion** and roughly chop the **parsley**. Cut the **tomato** in half, squeeze out and discard the liquidy centre and roughly chop the remaining flesh.



3 Mix the **yoghurt** with a dash of **lemon juice** and a pinch of **salt** and **black pepper**.



4 Once your **bulgur wheat** is ready, add a splash of **olive oil**, a squeeze of **lemon juice**, your **onion**, **tomato**, two-thirds of your **parsley** and mix together. Taste and add more **salt**, **black pepper** and **lemon juice** if you feel it needs it. This is your **tabbouleh**.

5 Slice the **halloumi** widthways into ½cm slices.

6 Coat your **halloumi** with the **harissa spice mix**. Heat a frying pan on medium-high heat with a splash of **olive oil**. Once hot, add your **halloumi** and cook until just golden on each side. **Tip:** *Don't overcook the halloumi, it's much better when it's golden but slightly squidgy!*

7 Serve your **halloumi** with your **tabbouleh** and sprinkle the **pomegranate seeds** over the top with your remaining **parsley**. Drizzle with your **yoghurt dressing** and fill your boots!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!