




Product Spotlight: Halloumi


Halloumi has the unusual feature of not melting when heated, making it great for grilling and pan frying!



Smoky Halloumi with Spiced Sweet Potato & Apple Chutney

Red quinoa, kale and roasted cumin sweet potato tossed together in a warm vegetable salad, topped with home-made apple chutney and smoky halloumi.

 35 minutes

 4 servings

 Vegetarian

Save the recipe!

This chutney is delicious on pies, in sandwiches or served with roast vegetables. You can save the recipe so you can make it again!

Per serve: **PROTEIN** 31g **TOTAL FAT** 38g **CARBOHYDRATES** 91g

FROM YOUR BOX

ZUCCHINI	1
SWEET POTATO	800g
RED QUINOA	150g
BROWN ONION	1
TOMATOES	2
RED APPLE	1
KALE	5 leaves
HALLOUMI	2 packets
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, vinegar (of choice), sugar (of choice)

KEY UTENSILS

saucepan, oven tray, small saucepan, frypan

NOTES

The quinoa should be tender but still have a little bite to it when it's cooked. Drain for 5 minutes, or press down in a sieve to squeeze out excess liquid.

We used red wine vinegar, but you can use white wine, apple cider, or balsamic vinegar for the chutney.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice zucchini and sweet potato (2cm). Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Roast in oven for 25 minutes, or until golden.



2. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 15 minutes, or until tender. Drain and rinse (see notes).



3. MAKE THE APPLE CHUTNEY

In the meantime, heat a small saucepan with **1 tbsp oil** over medium heat. Dice onion, tomatoes and apple. Add to pan along with **1/2 cup water, 1 tbsp vinegar** and **1 tbsp sugar** (see notes). Simmer for 20 minutes, stirring occasionally.



4. TOSS IT TOGETHER

Remove stems and thinly slice kale leaves, place into a large bowl and season with **salt and pepper**. Use your hands, and massage the kale to soften it. Toss with roast vegetables and drained quinoa.



5. COOK THE HALLOUMI

Slice halloumi and coat with **1 tbsp oil** and **2 tsp smoked paprika**. Heat a frypan over medium heat. Add halloumi and cook for 2-3 minutes on each side, or until golden.



6. FINISH AND SERVE

Divide salad between plates. Top with smoky halloumi and spoon over chutney to taste. Chop basil to garnish.



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