



HALLOUMI AND CHARRED VEGETABLES

with Cannellini Bean Salad



HELLO HALLOUMI

This Middle Eastern cheese is salty, squeaky and delicious

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 724



Halloumi Cheese



Zucchini



Red Bell Pepper



Cannellini Beans



Mint



Baby Arugula



Fig Jam



Sherry Vinegar



Dijon Mustard

BUST OUT

- Large Bowl
- Small Bowl
- Large Non-Stick Pan
- Salt and Pepper
- Paper Towel
- Olive or Canola oil

INGREDIENTS

2-person

- Halloumi Cheese **2** 200 g
- Zucchini 227 g
- Red Bell Pepper 190 g
- Cannellini Beans 1 can
- Mint 10 g
- Baby Arugula 56 g
- Fig Jam 1 tbsp
- Sherry Vinegar **9** 1 tbsp
- Dijon Mustard **6,9** 1 ¼ tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

'Charring' means to scorch the surface. In cooking terms, it means to deeply brown the surface of the meat or vegetable. This technique works best in a dry pan, without oil.



1 PREP Wash and dry all produce.* Slice the **zucchini** into ½-inch rounds. Core, then cut the **bell pepper** into 1-inch cubes. Roughly chop the **mint leaves**. Drain and rinse the **beans**. Cut the **halloumi** into 1/4-inch thick slices. Rinse and pat the slices dry with paper towels.



2 CHAR ZUCCHINI Heat a large non-stick pan over medium heat. Add the **zucchini** to the dry pan. Season with **salt** and **pepper**. Cook, flipping the slices halfway through cooking, until the zucchini is 'charred' or dark golden-brown, 7-8 min. (Depending on the size of your pan, you may need to do this in batches.) Transfer to a large bowl and set aside.



3 COOK PEPPERS Add the **peppers** to the same dry pan and cook, stirring occasionally, until dark golden-brown, 4-5 min. Transfer the peppers to the same bowl as the **zucchini**. Set aside.



4 COOK HALLOUMI Add the **halloumi** to the same dry pan and cook until golden-brown, 1-2 min per side. Remove the pan from the heat and transfer the halloumi to a plate. Set aside.



5 ASSEMBLE SALAD In a small bowl, stir together the **mustard**, **fig jam**, **1 tbsp vinegar** and **2 tbsp oil**. Season with **salt** and **pepper**. In the large bowl with the **veggies**, add the **arugula**, **beans**, **half the mint** and as much dressing as you like. Season with **salt** and **pepper**. Toss to combine.



6 FINISH AND SERVE Divide the **salad** between plates and top with the **halloumi**. Sprinkle over the **remaining mint** and drizzle over any **remaining dressing**, if desired.

SURPRISE!

Jam is a great addition to salad dressing. Try making a new dressing with your favourite jam!

