



# HALLOUMI VEGGIE JUMBLE

with Butternut Squash, Red Bell Peppers and Arugula

VEGGIE



## HELLO HALLOUMI

A briny cheese that has a high melting point and can be grilled or pan-fried

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 296



Red Bell Pepper



Arugula



Butternut Squash, cubes



Red Wine Vinegar



Smoked Paprika



Honey



Bulgur Wheat



Vegetable Broth Concentrate



Halloumi

## BUST OUT

- Medium Pot
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Baking Sheet
- Olive or Canola oil
- Medium Bowl

## INGREDIENTS

2-person | 4-person

- |                               |                   |                   |
|-------------------------------|-------------------|-------------------|
| • Red Bell Pepper             | 230 g             | 680 g             |
| • Butternut Squash, cubes     | 1 pkg (170 g)     | 2 pkg (340 g)     |
| • Smoked Paprika              | 1 pkg (2 tsp)     | 2 pkg (4 tsp)     |
| • Bulgur Wheat 1              | 1 pkg (½ cup)     | 2 pkg (1 cup)     |
| • Halloumi 2                  | 1 pkg             | 2 pkg             |
| • Arugula                     | 1 pkg (56 g)      | 2 pkg (113 g)     |
| • Red Wine Vinegar 9          | ½ bottle (1 tbsp) | 1 bottle (2 tbsp) |
| • Honey                       | 1 pkg (1 tbsp)    | 2 pkg (2 tbsp)    |
| • Vegetable Broth Concentrate | 1                 | 2                 |

## ALLERGENS | ALLERGÈNES

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

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

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

\*Laver et sécher tous les aliments.

## START STRONG

Preheat the oven to **425°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



**1 ROAST VEGGIES** Wash and dry all produce.\* In a medium pot, bring **1 cup salted water** (double for 4 people) to a boil. Core, then cut the **bell pepper(s)** into ½ inch pieces. On a baking sheet, toss the peppers, **squash** and **half the paprika** with a drizzle of **oil**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 23-25 min.



**4 PAN-FRY HALLOUMI** Heat a large non-stick pan over medium-high heat. Add the **halloumi** to the dry pan. (Keep any remaining **paprika oil** in the bowl – we'll use it later.) Cook until golden-brown, 2-3 min per side.



**2 COOK BULGUR** Meanwhile, remove the **boiling water** from the heat and add the **bulgur** and **broth concentrate(s)**. Cover with a lid. Let stand until the bulgur is tender and all the water has been absorbed, 15-16 min.



**5 ASSEMBLE** Whisk the **honey**, **½ bottle vinegar** (1 bottle for 4 people) and another drizzle of **oil** into the **remaining paprika oil** to make a dressing.



**3 PREP HALLOUMI** Meanwhile, cut the **halloumi** into ¼-inch thick slices. In a medium bowl, stir the **remaining paprika** with a drizzle of **oil** – just enough to make the mixture runny. Add the halloumi slices and coat all over.



**6 FINISH AND SERVE** Stir the **roasted veggies** and **bulgur** into the **dressing**. Season with **salt** and **pepper**. Divide the bulgur between plates. Top with the **arugula** and **halloumi slices**.

## HOORAY!

This meal is both hearty and delicious.