

Harissa Halloumi Rainbow Bowls

with Garlic Hummus Dressing

Veggie

30 Minutes



Halloumi Cheese



Hummus



Avocado



Carrot, julienned



Red Cabbage, shredded



Red Onion



Red Wine Vinegar



Mayonnaise



Garlic, cloves



Basmati Rice



Harissa Spice Blend

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in Tunisian and Moroccan cuisines!

Start here

Before starting, wash and dry all produce.

Bust out

Medium pot, measuring spoons, small pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels, whisk, medium bowl

Ingredients

	2 Person	4 Person
Halloumi Cheese	200 g	400 g
Hummus	57 g	114 g
Avocado	1	2
Carrot, julienned	56 g	113 g
Red Cabbage, shredded	113 g	226 g
Red Onion	113 g	226 g
Red Wine Vinegar	2 tbsp	4 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic, cloves	1	2
Basmati Rice	¾ cup	1 ½ cups
Harissa Spice Blend	½ tbsp	1 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, cut **halloumi** into ¼-inch thick slices. Rinse **halloumi slices**, then pat dry with paper towels. Peel, pit, then cut **avocado** into bite-sized pieces. Peel, then mince or grate **garlic**.



Make dressing

Add **hummus**, **mayo**, **remaining vinegar** and **¼ tsp garlic** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.



Cook rice

Add **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook halloumi

Whisk together **½ tbsp Harissa Spice Blend** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Set aside. Heat a large non-stick pan over medium-high heat. When hot, add **halloumi** to the dry pan. Pan-fry until golden-brown, 2-3 min per side. Remove the pan from heat and transfer **halloumi** to the large bowl with **harissa oil**. Toss to coat.



Pickle onions

While **rice** cooks, peel, then cut **onion** into ¼-inch slices. Heat a small pot over medium heat. When hot, add **onions**, **half the vinegar**, **¼ cup water** and **1 tsp sugar** (dbl both for 4 ppl). Season with **½ tsp salt** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 3-4 min. Remove the pot from heat. Set aside.



Finish and serve

Fluff **rice** with a fork. Toss **cabbage** with **1 tbsp hummus dressing** (dbl for 4 ppl) in a medium bowl. Divide **rice** between bowls, then top with **carrots**, **avocado**, **cabbage**, **pickled onions** and **harissa halloumi**. Drizzle **remaining hummus dressing** over top.

Dinner Solved!