



Everything
But The Chef

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Sumac Haloumi with Herbed Quinoa

If you're not yet sold on quinoa, give this little dish a try. Cooking the quinoa in vegetable stock and enlivening it with lemon and tomatoes really brings this trusty grain to life. If you're already sold - you'll love this! With a side of golden crispy haloumi you'll be licking the plate clean.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



pantry items



Sumac



Lemon



Haloumi



Quinoa



Vegetable Stock



Parsley



Cherry Tomatoes



Mint



Spring Onions

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	HelloFresh sumac
1/2	1	lemon, zested & sliced into wedges ⊕
1 block	2 blocks	haloumi, cut into 1 cm thick slices
150 g	300 g	quinoa
1/2 tsp	1 tsp	vegetable stock powder
1 tbs	2 tbs	parsley, finely chopped ⊕
1 punnet	2 punnets	cherry tomatoes, halved
1 tbs	2 tbs	mint, finely chopped ⊕
1 bunch	2 bunches	spring onions, finely sliced

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1940	Kj
Protein	57.1	g
Fat, total	18.7	g
-saturated	3.3	g
Carbohydrate	12.9	g
-sugars	3.6	g
Sodium	471	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a bowl, mix together the **olive oil**, **HelloFresh sumac**, and **lemon zest**. Rub this zesty oil over the **haloumi** slices and leave to marinate while you get started on the **quinoa**.



3 Place the quinoa into a fine sieve and rinse it with cold tap water. This step is crucial for enhancing the flavour of the quinoa. Add the quinoa to a pot of water with the **vegetable stock powder**, gently simmer over a medium heat for **10 minutes** or until the quinoa has nearly doubled in size and the outside rings are loose. Drain and set aside.

4 Place the haloumi slices on a lined baking tray and cook for **8-10 minutes** in the oven or until the tops blister slightly and it is lovely and golden. You don't want to overcook it as it will become dry.



5 In a large bowl, toss the quinoa with the **parsley**, **cherry tomatoes**, **mint**, and **spring onions**.

6 Divide the quinoa among plates and top with the haloumi slices and **lemon wedges** to squeeze over the top. Yum!



Did you know? Europeans originally believed that tomatoes were poisonous and would turn your blood to acid.