

CYPRIOT HONEY THYME HALOUMI with Minted Quinoa







Quinoa





Zucchini



Zı





Green Beans

Haloumi



Mint



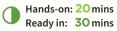


Olive Oil



Honey

Water



Here's to the grillers! Those of you who live for charred, golden finish of a well grilled vegetable, we designed this recipe with you in mind. The honey and thyme glazed haloumi? Well, that's just a sweet bonus.

You will need: **chef's knife, chopping board, sieve, medium saucepan** with a **lid**, stirring **spoon, vegetable peeler, small bowl, grill pan, tongs, plate, aluminium foil** and a **pastry brush**. Let's start cooking the **Cypriot Honey Thyme Haloumi with Minted Quinoa**.



Rinse the **quinoa**. Place the **quinoa**, crumbled **vegetable stock** cube and **water** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **10–15 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water). Return **quinoa** to the pan. Stir through half the **olive oil**.



GET PREPPED

Pick the thyme and mint leaves. Peel the zucchini into ribbons. Trim ends of the green beans. Slice the haloumi into 5 mm rectangles.



3 PREPARE HONEY & THYME GLAZE In a small bowl, combine the thyme, honey and hot water. Set aside.

The heat combined with the sugar from the honey creates something known as the Maillard Reaction. It's the golden colour on your haloumi & the flavour is amazing!

INGREDIENTS

	2P	4P
	22	42
quinoa	1 packet (½ cup)	2 packets (1 cup)
vegetable stock	½ cube	1 cube
water*	1 ½ cups	3 cups
olive oil *	1 tbs	2 tbs
thyme	1 bunch	2 bunches
mint	1 bunch	2 bunches
zucchini	1	2
green beans	1 bag	2 bags
haloumi	¾ block	1 ½ blocks
honey*	3 tsp	1 ½ tbs
hot water *	2 tsp	1 tbs

*Pantry Items | @Ingredient features in another recipe

PER SERVING	PER 100G
2220	601
24.9	6.8
31.8	8.6
13.5	3.7
42.3	11.5
7.8	2.1
1190	323
	24.9 31.8 13.5 42.3 7.8



COOK VEGETABLES

4 Heat the remaining **olive oil** in a grill pan over a high heat. Cook the **zucchini** ribbons for **2–3 minutes**, turning halfway until charred and golden. Set aside on a plate covered with foil. Add the **green beans** to the pan and cook for **3–4 minutes**, or until golden. Transfer to the same plate and cover.



5 COOK HALOUMI Add the haloumi to the pan and brush with the honey and thyme glaze. Turn and brush with glaze every minute for 4-5 minutes, or until golden.



6 SERVE UP Stir the mint through the quinoa. Divide the minted quinoa, vegetables and honey thyme **haloumi** between plates.



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