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## Greek Chickpea & Haloumi Saganaki

Thank goodness the Ancient Greeks took time in between perfecting wrestling and athletics to come up with this tasty number. Named after the pan it's cooked in, this saganaki with haloumi has been putting smiles on Greek faces forever, so it's no surprise if it does the same at your house tonight!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



high fibre



spicy

### Pantry Items



Olive Oil



White Wine



Water



Butter



Brown Onion



Red Capsicum



Birdseye Chilli



Diced Tomatoes



Chickpeas



Haloumi



Couscous



Parsley

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**2P**

1 tbs

1

1

1

1 tin

2 tbs

1 tin

½ block

½ cup

½ cup

1 tsp

½ bunch

**4P**

2 tbs

2

2

2

2 tins

4 tbs

2 tins

1 block

1 cup

1 cup

2 tsp

1 bunch

**Ingredients**

olive oil \*

brown onion, finely chopped

red capsicum, diced

birdseye chilli, deseeded &amp; finely chopped

diced tomatoes

white wine (optional) \*

chickpeas, drained &amp; rinsed


haloumi, sliced (recommended amount)

couscous

boiling water \*

butter, melted \*

parsley, finely chopped

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

**Nutrition per serve**

Energy	2120	Kj
Protein	22.2	g
Fat, total	18.5	g
-saturated	8.1	g
Carbohydrate	57.2	g
-sugars	9	g
Sodium	521	mg

**2a**

**You will need:** *chef's knife, chopping board, sieve, medium saucepan, medium baking dish, medium bowl, cling wrap, and a fork.*

**1** Preheat the grill to a medium-high heat.

**2** Heat the **olive oil** in a medium saucepan over a medium-high heat. Add the **brown onion** and **red capsicum** and cook for **3 minutes** or until soft. Add the **birdseye chilli** and cook for a further **2 minutes**. Add the **diced tomato**, **white wine** and **salt** and **pepper**. Bring to the boil and then reduce to a simmer. Add the **chickpeas** and simmer gently for **8-10 minutes** or until the sauce thickens slightly.

**Tip:** If you like extra heat throw in the chilli seeds.

**3** Transfer the sauce to a medium baking dish. Place the **haloumi slices** on top and place under the grill for **5 minutes**, or until the haloumi begins to turn golden.

**4** Meanwhile, place the **couscous** and **boiling water** in a medium bowl. Cover with cling wrap and set aside for **5 minutes**. Stir through the **butter**. Fluff with a fork and season to taste with salt and pepper. Stir through half of the **parsley**.

**5** To serve, garnish the chickpea saganaki with the remaining parsley and serve with the couscous.

**2b****3****4**

**Did you know?** Capsicum is actually a fruit!