



Tomato & Oregano Baked Haloumi Quinoa Bowl

with Basil Oil



Make your own basil oil



Tomatoes



Zucchini



Haloumi



Oregano



Quinoa



Basil

Pantry Staples



Water



Olive Oil



Balsamic Vinegar

Hands-on: 20 mins
Ready in: 30 mins

The key to making a quinoa bowl something that you really want to eat is to infuse it with plenty of flavour. Enter oregano baked haloumi! Together, they're a match made in heaven.

BEFORE YOU START

You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, sieve, medium saucepan** with a **lid** and a **small hand-held food processor**. Let's start cooking the **Tomato & Oregano Baked Haloumi Quinoa Bowl with Basil Oil**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Slice the **tomato** into wedges. Slice the **zucchini** lengthways into 0.5 cm strips. Slice the **haloumi** into 0.5 cm slices. Pick the **oregano** leaves.



2 COOK THE VEGGIES

Place the **tomato** and **zucchini** on one of the prepared oven trays. Drizzle over the **balsamic vinegar** and a **1/4** of the **olive oil**. Season generously with **salt** and **pepper**. Cook for **10-15 minutes**, or until softened. Turn halfway during cook time.



3 COOK THE HALOUMI

Meanwhile, place the **haloumi** slices on the second prepared oven tray. Drizzle with another **1/4** of the **olive oil** and the **oregano** and toss to coat. Cook for **10-15 minutes**, or until the haloumi is golden. Turn halfway during cook time.



4 COOK THE QUINOA

While the vegetables and haloumi are cooking, rinse the **quinoa**. Place the quinoa 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 **10-12 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water if required). Drain and return to the saucepan.



5 PREP THE BASIL OIL

✦ Pick the **basil** leaves and roughly chop. Place **3/4** of the basil and the **remaining olive oil** in a small hand-held food processor. Blitz for **10-15 seconds**, or until the oil turns green and the basil has infused. Season to taste with **salt** and **pepper**.

Basil oil is perfect for infusing the flavour of basil without overpowering the dish. Keep this recipe on hand and use it again to drizzle over grilled bread, blanched veggies or warm Autumn soups.

💡 **TIP:** If you don't have a small hand-held food processor you can achieve the same affect in a mortar and pestle.



6 SERVE UP

Divide the quinoa and vegetables between bowls. Top with the oregano baked haloumi. Drizzle over the basil oil and the remaining basil.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
tomatoes	2	4
zucchini	1	2
haloumi	1 block (180g)	2 blocks (360)
oregano	1 bunch	2 bunches
balsamic vinegar	2 tsp	1 tbs
olive oil*	4 tbs	8 tbs
quinoa	1 packet (1/2 cup)	2 packets (1 cup)
water*	1 1/2 cups	3 cups
basil ☑	1 bunch	2 bunches

*Pantry Items | ☑ Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (785Cal)	518kJ (124Cal)
Protein (g)	30.4g	4.8g
Fat, total (g)	55.8g	8.8g
- saturated (g)	20.1g	3.2g
Carbohydrate (g)	40.1g	6.3g
- sugars (g)	5.5g	0.9g
Sodium (g)	1260mg	198mg

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2017 | WK21 | V3