



Honey'd Halloumi with Bulgur Wheat Tabbouleh

Halloumi is a Cypriot cheese and is a popular vegetarian meat substitute owing to its ability to carry flavours and hold a relatively firm shape when cooked. Here we have paired with with a refreshing and healthy bulgur wheat salad!

Nutritional Info

Calories: 507 kcal
Carbohydrates: 58.8 g
Protein: 25.1g
Fat: 19 g

Ingredients

- Halloumi
- Honey
- Cumin seeds
- Bulgur wheat
- Cucumber
- Tomatoes
- Lemon
- Spring onion
- Stock cube
- Fresh Parsley

Your Pantry

- Olive Oil

Allergens

Wheat (Bulgur wheat)
Milk (Halloumi)
Celery (Stock Cube - may also contain traces of Egg, Celery, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Prepare The Vegetables & Boil The Kettle

Slice the cucumber in half lengthways and remove the core. Dice the cucumber and cherry tomatoes into small pieces. Finely slice the spring onion. Finely chop the parsley.

Make the stock cube up to 500ml of boiling water. Put aside 100ml *per person* to cook the bulgur in.

2) Cook the bulgur wheat

Place a non-stick saucepan over medium heat and add a drizzle of oil. Once hot, add the bulgur wheat. Toast the bulgur wheat for 2-3 minutes, stirring frequently until it begins to take on a nutty, almost popcorn-like aroma.

Pour in the 100ml per person of hot stock. Once the stock is bubbling (it may happen immediately), switch off the heat and immediately cover the saucepan with a lid, leaving for 10-12 minutes while the bulgur wheat absorbs all the fluid. Transfer to a bowl and fluff with a fork, giving it a chance to cool.

3) Prepare the salad

Put all the vegetables into a large bowl and mix together with the cooled bulgur wheat. Drizzle a good glug of olive oil over and season with salt, pepper, and lemon juice to taste (we used 1-2 tbsp). Mix well and set aside.

4) Cook the halloumi

Cut the halloumi into 1 cm thick slices or cubes. Heat a non-stick frying pan or griddle over medium heat and lay the halloumi slices/cubes on the pan. Cook for 1-2 minutes and flip over. Fry for a further minute or until both sides are golden. Drizzle with the honey and sprinkle over the cumin seeds. Toss together until sticky and delicious. Transfer to a plate and set aside.

5) Plate the dish

Serve the bulgur wheat salad and lay the halloumi on top. Enjoy!



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