

# Halloumi over Slow Roasted Tomatoes

## with Buckwheat and Pesto

hellóchef

Sweet tomatoes and salty cheese pair perfectly in this Mediterranean-inspired supper.

Cals 697 • Prot 39 • Carbs 61 • Fat 38

Vegetarian

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 35 min

R2821





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Roasted tomatoes	2 ppl	3 ppl	4 ppl	
Cherry tomatoes	250	300	500	Grams
Olive oil	1	2	2	Tbsp
Salt	0.5	0.5	1	Tsp
Honey	15	15	30	Grams
Pesto				
Parmesan 4*	30	45	60	Grams
Garlic cloves	1	1	1	Piece
Fresh basil	30	45	60	Grams
Almond flakes 1*, 2*	30	45	45	Grams
Olive oil	4	6	8	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Serve				
Buckwheat	100	150	225	Grams
Halloumi 4*	200	400	400	Grams
Lemon	1	1	2	Piece
Vegetable oil	2	3	4	Tbsp
Capers	40	60	80	Grams
Rocket	20	40	40	Grams

Allergens

\*4 Milk, \*1 Peanuts, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2906 / 697
Fat (g)	38.1
of which saturates (g)	26.5
Carbohydrate (g)	61
of which sugars (g)	12.7
Fiber (g)	11.7
Protein (g)	38.8
Salt (g)	37.3

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast tomatoes

Preheat the oven to 180°C/ 160°C fan. Place the **cherry tomatoes** onto a lined baking tray. Drizzle with **olive oil** and a pinch of **salt**. Toss well and roast for 30 min or until the skins are blistered and the **tomatoes** are soft. After 30 min, drizzle the **tomatoes** with the **honey** and roast for 5 min further.



2 Boil buckwheat

Meanwhile, bring a small pot of salted water to the boil. Rinse the **buckwheat**. Once the water is boiling, add the **buckwheat** and cook for 15 min or until tender. Drain and transfer back to the pot to cool slightly.



3 Prep

Meanwhile, slice the **halloumi** into 1cm thick slices. Juice half of the **lemon** into a small bowl and slice the remaining **lemon** into wedges. Grate the **Parmesan**. Peel the **garlic**. Pick the **basil** leaves and discard the stems.



4 Blitz pesto

Place the **almond flakes, garlic, the Parmesan, basil leaves, {1/1.5/2} Tbsp lemon juice, olive oil, salt** and **pepper** in a food processor. Blitz until smooth. Add a splash of cold water if the **pesto** looks too thick.

**Tip!** Don't add the raw garlic to the pesto if you find the taste too punchy or use half instead.



5 Fry capers

Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **capers** and fry for 3 min or until crispy. Drain the **capers** on a piece of kitchen paper. Wipe and reserve the pan.



6 Serve

Return the reserved pan to a medium-high heat with a drizzle of **oil**. Once hot, add the **halloumi** and fry for 2-3 min each side until golden brown. Toss the **buckwheat** and **rocket** in half of the **pesto**. Divide the **buckwheat** among plates, top with **tomatoes, halloumi**, a dollop of the **pesto** and a sprinkle of the **crispy capers**. Garnish with the **lemon wedges**.

**Tip!** Don't fry the halloumi on too high a heat. It should be golden on the outside and soft on the inside.