

# Smoky Halloumi and Tomato Stew with Almonds

hellóchef

What we love most about this stew? It only requires one pan!

Cals 716 • Prot 35 • Carbs 50 • Fat 42

Vegetarian

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🕒 cook: 40 min

R2928



Before you start

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

Ingredients

Stew	2 ppl	3 ppl	4 ppl	
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Celery	1	1	2	Piece
Red pepper	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Smoked paprika powder	2	4	4	Grams
Red vinegar	15	22	30	ML
Honey	15	15	30	Grams
Vegetable stock cube 15*	0.5	0.5	1	Piece
Water	300	350	600	ML
Tomato passata	200	400	400	Grams
Whole almonds 1*, 2*	40	60	80	Grams
Halloumi 4*	200	400	400	Grams
Butter beans	240	240	480	Grams
Red pesto 2*, 4*, 5*	50	75	100	Grams
Fresh parsley	15	15	15	Grams

Allergens

\*15 Celery, \*1 Peanuts, \*2 Tree Nuts, \*4 Milk, \*5 Eggs

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)	2984 / 716
Fat (g)	42.4
of which saturates (g)	24.4
Carbohydrate (g)	50
of which sugars (g)	21.6
Fiber (g)	15.6
Protein (g)	34.8
Salt (g)	5.6

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



1 Prep

Peel and finely chop the **onion** and **garlic**. Finely chop the **celery**. Deseed and roughly chop the **peppers**.



2 Fry

Heat a large pan with a very generous drizzle of **olive oil** over a medium heat. Add the **onion, peppers** and **celery** with a generous pinch of **salt** and cook for 6 min until softened. Once soft, add the **smoked paprika** and **garlic** and cook for 1 min further.



3 Simmer

Add the **vinegar, honey, {0.5/0.5/1} vegetable stock cube, measured water** and **tomato passata**. Simmer for 20 min.



4 Prep

Meanwhile, roughly chop the **almonds**. Cube the **halloumi**. Drain and rinse the **butter beans**.



5 Finish stew

After 20 min, add the **pesto, halloumi** and **butter beans** to the stew and simmer for 5 min further. Season to taste with **salt** and **pepper**.



6 Serve

Divide the **stew** among bowls and garnish with the chopped **almonds** and **fresh parsley** leaves.

**Tip!** Serve immediately, while the halloumi is hot. This way it will be nice and oozy!