Warm Halloumi and Pesto

Butterbean Salad

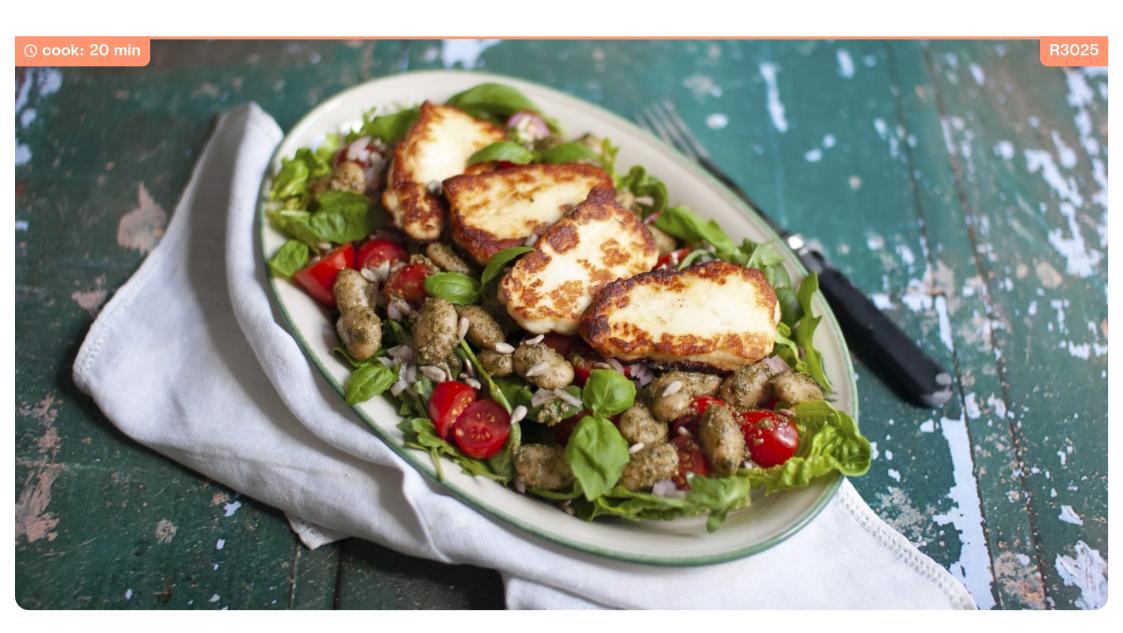
So satisfying!

hellóchef

Cals 683 • Prot 33 • Carbs 43 • Fat 44

Vegetarian

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Before you start

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

Ingredients

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Halloumi 4*	200	400	400	Grams
Shallots	0.5	1	1	Piece
Lemon	1	1	1	Piece
Olive oil	2	3	4	Tbsp
White balsamic vinegar 14*	15	22	30	ML
Honey	15	15	30	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Baby gem lettuce	2	3	4	Piece
Rocket	40	80	80	Grams
Cherry tomatoes	150	250	300	Grams
Butter beans	240	240	480	Grams
Green pesto 2*, 4*	50	75	100	Grams
Sunflower seeds	20	30	40	Grams
Fresh basil	15	15	15	Grams

Allergens

*4 Milk, *14 Sulphur Dioxide, *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)	2838 / 683
Fat (g)	43.5
of which saturates (g)	25.6
Carbohydrate (g)	43
of which sugars (g)	14.7
Fiber (g)	12.6
Protein (g)	32.7
Salt (g)	4.8

^{*}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 dressing

Peel and finely chop the **shallot**. Add 1-2 tbsp of the chopped **shallots** to a small bowl. Squeeze {0.50/0.75/1} tbsp of **lemon** juice into the bowl. Add a generous drizzle of **olive oil**, the **white balsamic vinegar**, **honey**, **salt** and **pepper**. Mix well and set aside. This is your **dressing**.



2 Prep vegetables

Slice the halloumi. Separate the gem lettuce leaves. Rinse and dry the rocket. Halve the cherry tomatoes. Rinse and drain the butter beans in a colander.



3 Fry halloumi

Heat a pan over a medium-low heat with a drizzle of oil. Once hot, add the halloumi and fry for 2 min on each side until the surface turns golden brown. The inside of the cheese should stay soft. Transfer to a plate and cover lightly.

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



4 Make pesto beans

Return the pan to a medium heat with a second drizzle of **olive oil**. Add the **beans** and the **green pesto** with 1-2 tbsp of **water**. Cook for 2 min until the **beans** are warmed through and the excess water has evaporated.



5 Serve

Add the **gem lettuce**, **rocket** and **cherry tomatoes** to a large serving plate. Drizzle with the **shallot dressing**. Top with the **pesto beans** and the **halloumi** slices. Garnish with the **sunflower seeds** and **fresh basil** leaves. Serve immediately.