

Warm Halloumi and Pesto

Butterbean Salad

So satisfying!

hellóchef

Cals 710 • Prot 34 • Carbs 49 • Fat 44

Vegetarian

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🕒 cook: 20 min

R3025



Before you start

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

Ingredients

Halloumi 4*	200	400	400	Grams
Shallots	1	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)	2951 / 710
Fat (g)	43.6
of which saturates (g)	25.6
Carbohydrate (g)	49
of which sugars (g)	17.7
Fiber (g)	13.8
Protein (g)	33.6
Salt (g)	36.3

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



1 Prep shallot 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.