



HALOUMI & ZUCCHINI CAKES

with Lebanese Bread Crisps & Cucumber Salad



Make haloumi cakes



Zucchini



Haloumi



Garlic



Dill



Parsley



Lemon



Lebanese Bread



Walnuts



Greek Yoghurt



Cucumber



Baby Spinach Leaves

Pantry Staples



Olive Oil



Milk



Egg



Plain Flour

Hands-on: 35 mins
Ready in: 40 mins

These tasty haloumi cakes are a real feast of flavours and textures. Fresh herbs and zucchini provide a counterpoint to walnuts and crispy Lebanese bread. The key to perfect cakes is to squeeze out as much water from the zucchini as you can, so don't skimp on that step!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **box grater, clean towel, chef's knife, chopping board, fine grater, oven tray** lined with **baking paper, large frying pan, large bowl, spoon, spatula, plate, paper towel, small bowl** and a **medium bowl**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely grate the **zucchini** and squeeze out the excess moisture with clean hands or a clean towel. **TIP:** Squeezing out the moisture is important to ensure your batter is not too wet. Grate **1/2** of the **haloumi** and slice the remaining haloumi into 1 cm cubes. Peel and finely grate the **garlic**. Finely chop the **dill** leaves. Finely chop the **parsley** (leaves and stalks). Slice the **lemon** into wedges.



2 TOAST THE BREAD

Slice the **Lebanese bread** into quarters and place on the oven tray lined with baking paper. Bake in the oven for **5 minutes**, then flip over, add the **walnuts** to the tray, and return to the oven to continue baking for **3-5 minutes**, or until the walnuts and the bread are toasted.



3 MAKE THE BATTER

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the grated **zucchini** and cook, stirring, for **2 minutes**, or until the moisture has cooked out. Add the **garlic** and cook for **1 minute**, or until fragrant. Transfer the zucchini to a large bowl and add the **grated haloumi**, the **dill**, the **plain flour**, the **milk**, the **egg** and the **parsley stalk**. Squeeze over the juice from a **lemon wedge**, season with a **pinch of pepper** and mix until combined.



4 FRY THE HALOUMI CAKES

Return the large frying pan to a medium heat and add enough **olive oil** to coat the base. Once hot, place large spoonfuls of the **batter** into the pan and cook for **2 minutes**, or until golden. Flip and cook for a further **1 minute**, or until cooked through. Set the haloumi cakes aside on a plate lined with paper towel to soak up excess oil. Repeat with the remaining batter. Once all of the cakes have cooked, add the **haloumi cubes** to the pan and cook for **3 minutes**, tossing regularly, until browned.



5 MAKE THE LEMON YOGHURT

In a small bowl, add the **Greek yoghurt** and squeeze in the juice from a **lemon wedge** (add as much or as little lemon juice as you like depending on your taste preference). Season with a **pinch of pepper** and stir to combine.

Finely slice the **cucumber**. In a medium bowl, add the cucumber, the **baby spinach leaves** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper** and toss to coat.



6 SERVE UP

Divide the haloumi and zucchini cakes and the cucumber salad between plates. Sprinkle over the toasted walnuts and the parsley leaves. Serve with the Lebanese bread crisps, a dollop of the lemon yoghurt and the remaining lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
haloumi	1 packet (180 g)	2 packets (360 g)
garlic 🌱	1 clove	2 cloves
dill 🌱	1 bunch	2 bunches
parsley 🌱	1 bunch	2 bunches
lemon	1	2
Lebanese bread	1 piece	2 pieces
walnuts	1 packet (1/4 cup)	2 packets (1/2 cup)
plain flour*	1/2 cup	1 cup
milk*	2 tbs	4 tbs
egg*	1	2
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
cucumber	1	2
baby spinach leaves	1 bag	2 bags

*Pantry Items | 🌱 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3240kJ (775Cal)	772kJ (185Cal)
Protein (g)	37.4g	8.9g
Fat, total (g)	48.1g	11.4g
saturated (g)	20.5g	4.9g
Carbohydrate (g)	47.4g	11.3g
sugars (g)	9.5g	2.3g
Sodium (mg)	1450mg	346mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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