

HALOUMI & ZUCCHINI CAKES

with Lebanese Bread Crisps & Cucumber Salad





Make haloumi cakes















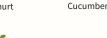


Lebanese Bread





Greek Yoghurt



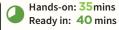
Baby Spinach Leaves

Pantry Staples



Olive Oil





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!

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.



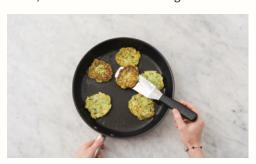
Preheat the oven to 220°C/200°C fanforced. Finely grate the zucchini and squeeze out the excess moisture with clean hands or a clean towel. *TIP: Squeezing out the moisture is important to ensure your batter is not too wet. Grate 1/2 of the haloumi and slice the remaining haloumi into 1 cm cubes. Peel 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.



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.



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 halomi 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.



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.



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!

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 (½ cup)
plain flour*	⅓ cup	⅔ 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
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