

Middle Eastern Chicken Mezze

with Honey-Glazed Haloumi, Sumac Flatbreads & Pickled Salsa

Grab your Meal Kit with this symbol



Red Onion



Haloumi



Lemon



Garlic



Tomato



Cucumber



Mint



Chicken Breast



Chermoula Spice Blend



Chicken-Style Stock Powder



Turkish Sumac Seasoning



Flatbreads




Garlic Dip



Hummus

Keep an eye out...
Due to recent sourcing challenges, we've replaced half chicken with chicken breast, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: **25-35 mins**
 Ready in: **50-60 mins**

 Eat Me Early

Turn a weeknight meal into a fun feast with this mixed platter of Middle Eastern chicken, honey-glazed haloumi, hummus and a colourful and refreshing salsa. Sumac flatbreads add the perfect finishing touch for a feast of tasty treats where every bite is different!

Pantry items

Olive Oil, White Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
haloumi	1 packet	2 packets
lemon	½	1
garlic	1 clove	2 cloves
honey*	1 tsp	2 tsp
tomato	1	2
cucumber	1 (medium)	1 (large)
mint	1 bag	1 bag
chicken breast	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
water*	1 tbs	2 tbs
Turkish sumac seasoning	½ sachet	1 sachet
flat breads	2	4
garlic dip	1 medium packet	1 large packet
hummus	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4664kJ (1115Cal)	555kJ (133Cal)
Protein (g)	85.9g	10.2g
Fat, total (g)	58.3g	6.9g
- saturated (g)	27.6g	3.3g
Carbohydrate (g)	57g	6.8g
- sugars (g)	11g	1.3g
Sodium (mg)	2953mg	352mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the onion

Thinly slice the **red onion** (see ingredients). In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the onion. Stir to coat and set aside.



Cook the flatbreads

In a second small bowl, combine a drizzle of **olive oil** and the **Turkish sumac seasoning** (see ingredients). Drizzle or brush each **flatbread** with the **sumac oil**. Wash and dry the frying pan, then return to a medium-high heat. Cook the **flatbreads** until golden and warmed through, **1-2 minutes** each side. Transfer to a plate.



Get prepped

Cut the **haloumi** into 1cm-thick slices. Zest the **lemon** to get a good pinch, then slice into wedges. Finely chop the **garlic**. In a small bowl, combine the **lemon zest**, a squeeze of **lemon juice**, the **garlic** and the **honey**. Set aside. Roughly chop the **tomato** and **cucumber**. Pick and thinly slice the **mint** leaves.



Cook the haloumi

Wipe out the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Reduce the heat to medium, then add the **honey glaze**. Cook, turning the **haloumi** halfway through, until fragrant and coated in the glaze, **1-2 minutes**.



Cook the chicken

Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a large bowl, combine the **chermoula spice blend**, **chicken-style stock powder** and the **water**. Add the **chicken** and turn to coat. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate to rest.

TIP: The chicken is cooked when it is no longer pink inside.



Serve up

Drain the pickled onion and return to the bowl, then add the tomato, cucumber, mint and a drizzle of olive oil. Season with salt and pepper. Toss to combine. Slice the chicken. Bring everything to the table to serve. Help yourself to the chicken, honey-glazed haloumi, sumac flatbreads and pickled salsa. Serve with the **garlic dip** and **hummus**.

Enjoy!