



Greek Inspired Honey Glazed Halloumi

with Butter Beans and Courgette

Prepped in 10

Preparation time : 10 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/greek-inspired-honey-glazed-halloumi-443>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Courgette (unit(s))	1	1½	2
Butter Beans (carton(s))	1	2	2
Dried Oregano (sachet(s))	1	1	2
Tomato Passata (carton(s))	1	1½	2
Red Wine Stock Paste (grams)	28	42	56
Halloumi (grams)	225	337½	450
Baby Spinach (grams)	40	70	100
Sun-Dried Tomato Paste (grams)	25	37½	50
Chilli Flakes (sachet(s))	1	1	2
Sugar for the Sauce (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	100	150	200
Butter (grams)	20	30	40
Honey (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2881 kJ
Energy (kcal)	689 kcal
Fat	38.7 g
of which saturates	22.3 g
Carbohydrate	41.4 g
of which sugars	24.1 g
Dietary Fibre	13.2 g
Protein	37.9 g
Salt	5.97 g

Allergens

Mustard, Milk, May contain traces of allergens, Celery, Sulphites

Always check the product labels for allergen information.



Start Cooking

- Trim the **courgette**, then halve lengthways. Slice widthways into 1cm thick pieces.
- Heat a drizzle of **oil** in a frying pan on high heat. When hot, char the **courgette**, 3-4 mins each side. Season with **salt** and **pepper**.
- Meanwhile, drain and rinse the **butter beans**.
- Add the **dried oregano**, **butter beans**, **passata**, **red wine stock paste**, **sugar** and **water** (see pantry for both). Simmer, 3-4 mins.



Halloumi Time

- Meanwhile, drain the **halloumi**, then cut it into 3 slices per person.
- Heat a drizzle of **oil** in a separate frying pan on medium-high heat.
- Once hot, fry the **halloumi**, 2-3 mins each side. Remove from the heat.



Finishing Touches

- Once the **sauce** has thickened, add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Stir in the **sun-dried tomato paste** and **butter** (see pantry).



Serve

- Share the **courgette**, **beans** and **sauce** between your bowls.
- Top with the **halloumi**.
- Drizzle the **honey** (see pantry) over the **halloumi**.
- Sprinkle over the **chilli flakes** to finish.

Enjoy your meal!