



Sesame halloumi parcels with sweet potato tahini mash & chopped herb salad

READY IN



60 min.

SERVINGS



6

CALORIES



750 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil for brushing
- ☐ 1 tbsp tahini
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 handful parsley chopped
- ☐ 1 lemon zest (use the juice in the salad)
- ☐ 500 g halloumi cheese cut into 12 slices
- ☐ 6 sheets dough
- ☐ 50 g sesame seed

- ☐ 1 eggs beaten
- ☐ 650 g sweet potatoes and into peeled cut into chunks (4)
- ☐ 2 tbsp tahini
- ☐ 4 tbsp olive oil
- ☐ 1 juice of lemon
- ☐ 1 tbsp clear honey
- ☐ 5 tbsp olive oil extra virgin extra-virgin for drizzling
- ☐ 1 small bunch parsley roughly chopped
- ☐ 1 handful cherry tomatoes halved
- ☐ 0.5 cucumber seeds removed, chopped
- ☐ 1 small handful olives black roughly chopped

Equipment

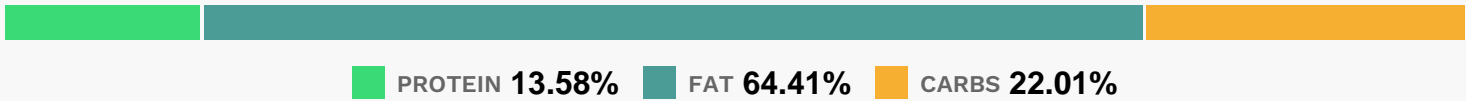
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ First make the halloumi parcels.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Grease 2 baking trays with oil. In a bowl, mix the tahini, olive oil, chilli, parsley and lemon zest.
- ☐ Add the halloumi and toss everything well to coat dont worry if the halloumi breaks up a little.
- ☐ Cut the filo sheets in half so that you have 12 squares work with 2 at a time and keep the remaining pastry covered with a damp tea towel or cling film so it doesnt dry out. Lightly brush the filo all over with a little oil, place 2 slices of halloumi at the top of each square, sprinkle with sesame seeds, then fold over the edges to enclose the halloumi.

- ☐ Brush again with oil and sprinkle with more seeds. Fold up into a square, brushing the final edge with egg to help seal the parcel. When all the parcels are made, place on the baking trays, brush the tops with egg wash and sprinkle with more sesame seeds.
- ☐ Bake for 20 mins, swapping the trays over halfway through so that the parcels brown evenly.
- ☐ Meanwhile, make the mash.
- ☐ Put the sweet potato in a large pan of water, cover with a lid and boil for 10–12 mins until tender.
- ☐ Drain, reserving a little of the cooking water, and leave to steamdry. Tip the sweet potato into a food processor with the tahini, olive oil and plenty of seasoning. Whizz until smooth, adding enough of the cooking water to make a smooth pure. To make the salad, whisk together the lemon juice, honey and olive oil in a large bowl with some seasoning.
- ☐ Add the remaining ingredients and toss everything together.
- ☐ Spoon some of the sweet potato onto each plate.
- ☐ Add a pile of the herb salad and 2 halloumi parcels to each plate and drizzle with a little extra virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:29.267826220264%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.94mg, Apigenin: 21.94mg, Apigenin: 21.94mg, Apigenin: 21.94mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 750.32kcal (37.52%), Fat: 54.53g (83.9%), Saturated Fat: 19.14g (119.65%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 35.96g (13.08%), Sugar: 9.23g (10.25%), Cholesterol: 27.28mg (9.09%), Sodium: 1226.26mg (53.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.75%), Vitamin A: 16435.08IU (328.7%), Vitamin K: 186.47µg (177.59%), Calcium: 987.62mg (98.76%), Vitamin C: 34.09mg (41.32%), Copper:

0.71mg (35.39%), Manganese: 0.64mg (32.1%), Vitamin E: 4.1mg (27.31%), Vitamin B1: 0.4mg (26.95%), Fiber: 5.98g (23.91%), Iron: 3.96mg (22.02%), Phosphorus: 209.99mg (21%), Vitamin B6: 0.4mg (19.86%), Magnesium: 79mg (19.75%), Selenium: 12.98µg (18.54%), Folate: 71.11µg (17.78%), Potassium: 614.43mg (17.56%), Vitamin B2: 0.22mg (13.09%), Vitamin B3: 2.5mg (12.52%), Vitamin B5: 1.19mg (11.85%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.07µg (1.09%)