

Tomato Tabbouleh, Halloumi Fries & Spicy Yogurt



aroma
KITCHEN

INGREDIENTS

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| 1 cup Tipiak Bulgur Wheat | 1 red chilli |
| 1 cup vegetable stock | Olive oil |
| 1 finely chopped onion | Salt & pepper |
| 1 spoon tomato concentrate | 2 packet halloumi |
| 2 spoons chopped parsley | Flour for dusting |
| 1 spoon chopped mint | 1 small tub Greek yogurt |
| 1 tomato, diced | 1 teaspoon harissa |
| 1 green pepper | Zest and juice of 1 lemon |
| Juice of 1 lemon | Extra mint leaves for garnish |



METHOD

- 1 Cook the onion in a spoon of oil, stir in the concentrate and veg stock, bring to the boil. Remove from heat, add the bulgar wheat and cover for 10 minutes.
- 2 Fluff with a fork, mix in the parsley, mint, tomato, lemon juice, and chopped red chilli. Season to taste.
- 3 Cut the halloumi into sticks, roll into flour and deep fry till golden.
- 4 To make the spicy mayo, simply whisk together the harissa, lemon juice and Greek yoghurt.
- 5 Serve the tomato bulgur wheat the halloumi fries and spicy yoghurt.