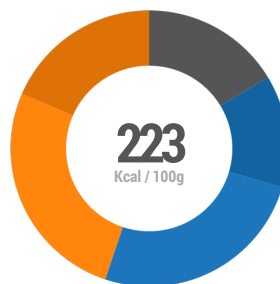


Halloumi fries with yoghurt, pomegranate, mint & sumac

By Mark Irish from Brakes

Overview ...

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CALORIES:

38.8% Carbs

16.4% Protein

44.9% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



MILK



SOYA

MAY CONTAIN:



SESAME

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
134061 Brakes Essentials Breaded Halloumi Fries	60g	0.06x Each
74550 Brakes Low Fat Natural Yogurt	10g	0.01x Each
100535 Brakes Pure Canadian Maple Syrup	5g	0.01x Each
131420 Brakes Sumac	5g	0.01x Each
113882 Premium Large Mint Bunch	2g	0.02x Each
85288 Brakes Crushed Chillies	2g	0.01x Each
74817 Pomegranate Seeds	10g	0.07x Each
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml	5ml	0.01x Each

Portions / Pack Sizes ...

1 Serving



99g / 229kcal

Cooking Instructions & Notes

Method:

1. In a deep fat fryer at 180oC cook the halloumi for 2 mins - drain onto a papered tray
2. Mix the sumac and yoghurt together
3. Place the fries in a dish
4. liberally spoon the yoghurt over the fries and add the maple syrup
5. Drizzle over the sriracha
6. Sprinkle the chilli flakes, pomegranate, and picked mint over the dish - serve