

# DINNERLY



## Haloumi Parmigiana Fettuccine with Fresh Rocket



30 minutes



2 Servings

Whether you're full-time vego or part-time only, our varied range of vegetarian dishes really hits the spot. Bursting with veggies, dairy, legumes, grains and nuts, they're packed with flavour, they'll fill you up and they're totally mouth-watering too!



### WHAT WE SEND

- 2 garlic cloves
- 180g haloumi <sup>3</sup>
- 40g panko breadcrumbs <sup>2,5</sup>
- 10g Tuscan seasoning <sup>4</sup>
- 400g diced tomatoes
- 300g fresh fettuccine pasta <sup>1,2,5</sup>
- 50g rocket leaves

### WHAT YOU NEED

- 1 egg <sup>1</sup>
- 1 tbs plain flour <sup>2,5</sup>
- 2 tbs olive oil
- 1 tsp red or white wine vinegar <sup>4</sup>

### TOOLS

- large saucepan
- small saucepan
- medium frypan

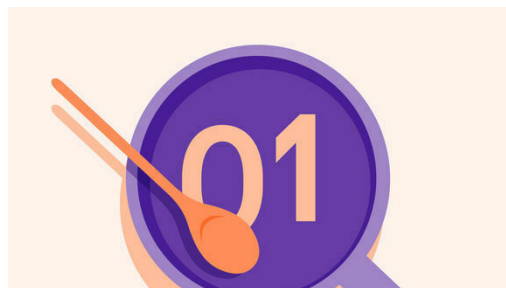
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Egg (1), Gluten (2), Milk (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

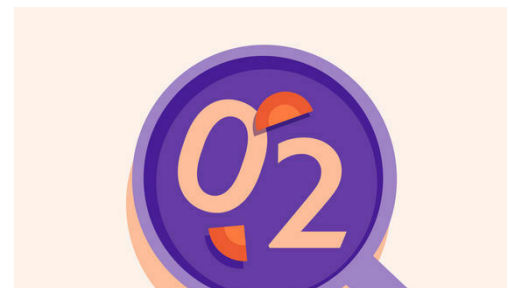
### NUTRITION PER SERVING

Energy 1035kcal, Fat 47.0g, Carbs 104.0g, Protein 44.5g



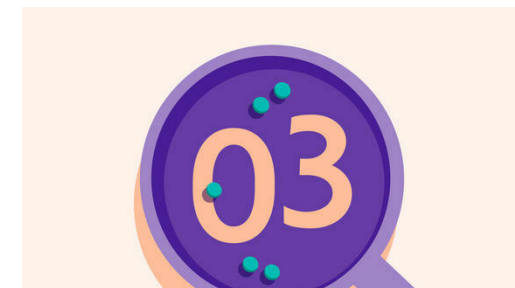
#### 1. Crumb haloumi

Bring a large saucepan of salted water to the boil for the pasta. Crush or finely chop **2 garlic cloves**. Thickly slice the **haloumi**. Whisk **1 egg** in a shallow bowl. Put the **breadcrumbs** and **1 tbs plain flour** in separate shallow bowls. Dust the haloumi with flour, shake off the excess, then dip in the egg and coat in the breadcrumbs.



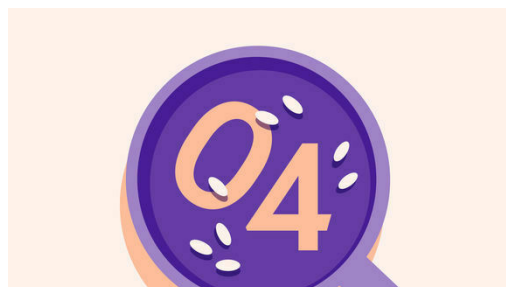
#### 2. Make sauce

Heat **2 tsp olive oil** in a small saucepan over medium heat. Cook the **garlic** and **Tuscan seasoning**, stirring, for 30 secs or until fragrant. Add the **tomatoes**, season with **salt and pepper** and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until slightly thickened. Remove the pan from the heat.



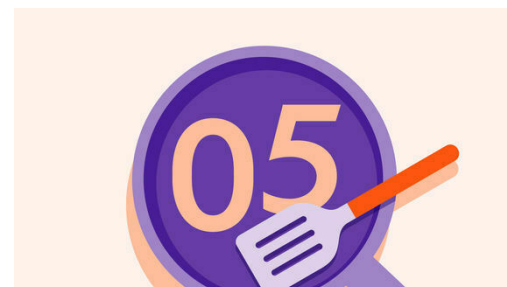
#### 3. Cook pasta

Meanwhile, add the **pasta** to the pan of boiling water and cook, stirring to separate the strands, for 3-4 mins until al dente. Drain.



#### 4. Pan-fry haloumi

While the pasta is cooking, heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **crumbed haloumi** for 2 mins each side or until golden and crisp. Remove from the pan.



#### 5. Serve up

Combine **2 tsp olive oil** and **1 tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **rocket** and toss to coat. Divide the **pasta** among bowls. Spoon over the **sauce** and top with the **haloumi**. Serve with the **dressed rocket** and enjoy!



#### 6. Did you know?

Panko are the Japanese version of breadcrumbs (panko means 'small pieces of bread'). They're lighter and larger than regular breadcrumbs, producing a much better crunch.