



Halloumi zucchini parcels

Fine zucchini parcels with halloumi and bulgur salad, served with the delicious Byodo curry-mango sauce and chili bell pepper sauce.

Zutaten

4 Portionen

Ingredients bulgur salad

- 150 g Bulgur
- 100 g Chickpeas from the tin/jar
- 1 Paprika, red
- 2 Mini cucumbers
- 1 Spring onion
- 2 Handles Mint, fresh
- 5 Handles Parsley, smooth
- 1 Lemon
- 2 EL Byodo extra virgin olive oil, from Greece
- 2 TL Honey or agave syrup
- 1 Pinch Byodo sea salt
- 0.5 TL Harissa

Ingredients zucchini parcels

- 250 g Halloumi
- 2 Zucchini, large
- 0.5 TL Byodo sea salt
- 1 Pinch Harissa
- black pepper from the grinder
- 2 EL Byodo Roast Olive Mediterranean
- Byodo curry-mango sauce
- Byodo chili bell pepper sauce

Zubereitung

Preparation of bulgur salad

Bring the bulgur to the boil in 300 ml salted water, then simmer for 10 minutes. If necessary, add small amounts of water. Meanwhile, wash and clean the peppers and cucumbers and cut into small pieces. Finely slice the spring onion. Pluck the herbs from the stalks and chop. Rinse the chickpeas and drain in a sieve.

To make the bulgur dressing, squeeze the lemon. Whisk the lemon juice with the olive oil, honey and salt to make a dressing.

Leave the finished bulgur to cool in a large bowl. Add the harissa and dressing and mix well. Add the vegetables and herbs, mix well and leave to stand covered.

Preparation of zucchini parcels

For the zucchini parcels, cut the halloumi into four equal-sized rectangles. Cut the zucchinis into approx. 16 thin slices using a large gherkin slicer or a slicing machine. Spread out the zucchini slices and sprinkle them very thinly with salt to draw out the water and soften the slices. Leave to soak for 5 minutes and then pat dry well with kitchen paper. Lay 4 zucchini slices crosswise and overlapping, place the halloumi in the middle, season with pepper and a little harissa and then wrap with zucchini. Secure with toothpicks or metal skewers. Brush with olive oil.

Heat the grill rack and brush with a little oil. Grill the zucchini parcels for 3-5 minutes on each side. Serve with the bulgur salad. The Byodo Curry-Mango or Chili-Paprika Sauce can be used as a dip, depending on taste.

As a vegan alternative, marinated tofu or vegan feta cheese can be used instead of halloumi.