

Roasted Pepper and Halloumi Cheese Wraps

For some fast finger food, roll up some roasted pepper and halloumi cheese wraps.



Optional



Dairy and Wheat

Equipment

- Weighing scales
- 2 x frying pans
- Sharp knife
- Mixing bowl
- Measuring spoons
- Mixing spoon

Ingredients

Serves 4

- 250g halloumi cheese
- 2 x 15ml spoons fresh chopped parsley
- 1 x 5ml spoon fresh chopped oregano
- 1 lemon
- 4 roasted red peppers from a jar
- 2 x 15ml spoons olives
- ½ x 5ml spoon olive oil
- 4 tortilla wraps

Serves 10

- 600g halloumi cheese
- 3 x 15ml spoons fresh chopped parsley
- 1 x 15ml spoon fresh chopped oregano
- 2 lemons
- 10 roasted red peppers from a jar
- 5 x 15ml spoons olives
- 1 x 10ml spoon olive oil
- 10 tortilla wraps



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Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.
Skills used: 1, 5, 7c, 7f, 8a, 9d, 11a, 12f.



AUT08/AP1/5

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Method

1. Thickly slice the halloumi cheese (about 1cm thick).
2. Finely chop the parsley and oregano.
3. Cut the lemon into wedges.
4. Halve the peppers (removing any stray seeds) and slice into strips.
5. Chop the olives in half and remove any stones.
6. Sprinkle both sides of the halloumi with the oregano.
7. Heat a pan on the hob over a high heat and add the halloumi cheese. Drizzle the cheese with a little olive oil, then fry on both sides until golden.
8. Add the chopped pepper and olives to the cheese in the pan.
9. Cook for 1-2 minutes, and then squeeze over the juice from half of the lemon wedges.
10. Heat the tortilla wraps in a large dry frying pan for 1-2 minutes on each side.
11. To serve, divide the mixture and the parsley between the wraps, roll them up and top each with a lemon wedge.



- Top tips**
- Thicker slices of halloumi cheese cook better than thinner ones, which can sometimes break.
 - You could cut the cooked cheese into cubes before adding to the wrap.
 - The cheese should be fried just before serving, otherwise it can be tough.
 - Fresh herbs are better than dried for this recipe. If you only have dried herbs, reduce the quantity by two thirds.

Something to try next time

Roast your own red peppers. Slice them and remove any white pith and seeds, then drizzle with a little vegetable oil and roast in the oven at 200°C or Gas Mark 6 for 20 minutes.



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