






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

## Golden Halloumi with Zingy Capers, Lentils and Fresh Dill

There are few events as seismic as halloumi coming onto the menu down at the Fresh Farm. Hardcore meat-eaters suddenly forget their allegiance and most of the team seem to take a veggie box for the week. This recipe was no exception and the double whammy of adding fresh dill (another ingredient on the top ten list) has secured this as one of our favourite dishes!

 35 min

 veggie

 gluten free



Pearl Barley



Dill



Courgette



Organic Lentils



Capers



Lemon



Sour Cream



Rocket



Halloumi

## Ingredients

|                           | 2P      | 4P         |
|---------------------------|---------|------------|
| Pearl Barley              | ¼ cup   | ½ cup      |
| Dill, chopped             | 3 tsp   | 5 tsp      |
| Courgette, diced          | 1 cup   | 2 cups     |
| Organic Lentils           | 1 tin   | 2 tins     |
| Capers, chopped           | 1 tbsp  | 2 tbsp     |
| Lemon                     | ½       | 1          |
| Sour Cream <b>1</b>       | 3 tbsp  | 6 tbsp     |
| Rocket                    | ½ bunch | 1 bunch    |
| Halloumi, sliced <b>1</b> | ⅔ block | 1 ½ blocks |

⊕ May feature in another recipe

\* Good to have at home

## Allergens

**1)** Milk

**Nutrition per serving:** Calories: 724 kcal | Protein: 38 g | Carbs: 50 g | Fat: 41 g | Saturated Fat: 24 g

2



**1** Boil a large pot of water on high heat with ½ tsp of salt for your pearl barley. Rinse the pearl barley thoroughly under running water. Add to the boiling water and cook for around 25 mins until tender but still has a bite.

*Tip: Make sure you have lots of rapidly boiling water (not gently boiling) to shorten cooking time.*

**5** Put a pan on high heat with 1 tbsp of olive oil. Once hot cook the courgette for around 4-5 mins until slightly browned off then remove. Cut the halloumi into slices approx 1cm thick. Heat the same pan with 1 tbsp of olive oil and pan fry the halloumi until it is golden on each side.

4



**2** Roughly chop the dill. Roughly chop the capers. Chop the very top and bottom from the courgette and slice each half lengthways into 4 strips. Chop the courgette strips widthways into little (1cm) chunks.

**6** Stir the courgettes through the lentils and pearl barley. Serve up the halloumi on top of the lentil and barley salad and sprinkle over the remaining dill.

5



**3** Drain and thoroughly rinse the lentils and allow these to dry a little. Mix the sour cream with the zest and juice from half the lemon, ¼ tsp of salt and a good few grinds of pepper.

5



**4** Mix the capers, lentils, cooked and drained barley, the rocket, all but a sprinkle of the dill and the sour cream dressing. Season with ¼ tsp of salt and some more ground pepper. Taste the salad and add more salt and pepper if needed.