



PAN-FRIED HALLOUMI

with Caramelised Red Onion and Lentils



HELLO LENTILS

Lentils have been found in Ancient Egyptian tombs!



Echalion Shallot



Red Onion



Cherry Plum Tomatoes



Garlic Clove



Basil



Halloumi Cheese



Lentils



Balsamic Vinegar



Baby Spinach



Pumpkin Seeds

MEAL BAG
5

- 35 mins
- 4 of your 5 a day
- Veggie

The UK now eats more halloumi than anywhere else in the world, apart from Cyprus where it's made. We can see why! Everyone loves this 'squeaky cheese' with its delicious salty taste and firm texture. It's particularly good in today's recipe, paired with nutty lentils and sweet balsamic onions.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve**, **Small Saucepan** (with a **Lid**) and two **Large Frying Pans** (one with a **Lid**). Now, let's get cooking!



1 DO THE PREP

Halve, peel and chop the **shallot** into small pieces. Halve, peel and thinly slice the **red onion** into half moons. Cut the **cherry plum tomatoes** in half. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **basil** (stalks and all). Cut the **halloumi** into four slices per person. Drain and rinse the **lentils** in a sieve.



2 CAMELISE THE ONION

Heat a drizzle of **oil** in a small frying pan on medium heat and add the **red onion** and a pinch of **salt**. Cook, stirring occasionally, until really soft, 5-7 mins. Add the **balsamic vinegar**, pop a lid on and turn the heat down to low. Cook until caramelised, stirring occasionally, 8-10 mins. Remove the pan from the heat (still covered) and set aside.



3 COOK THE LENTILS

Meanwhile, heat another drizzle of **oil** in a large frying pan on medium heat. Add the **shallot** and cook until soft, 5 mins. Add the **tomatoes**, and cook for 5 mins more. Add the **garlic**, stir and cook for another minute. Next, add the **lentils** and season with a pinch of **salt** and **pepper**. Stir and cook for 3 mins. Add the **spinach**, pop a lid on and remove from the heat. Set aside (the **spinach** will wilt inside the pan).



4 FRY THE HALLOUMI

While the spinach wilts, put another large frying pan on medium heat and add a drizzle of **oil**. Once the **oil** is hot, lay in the **halloumi** slices. Fry until golden, 3 mins on each side, then remove the pan from the heat.



5 ADD THE BASIL

Stir **half** the **basil** into the **lentil mixture**. Don't worry if the **spinach** hasn't fully wilted - that's fine!



6 ASSEMBLE AND SERVE

Serve the **lentils** in bowls with the **halloumi slices** on top. Spoon over the **caramelised red onion** and finish with the remaining **basil** and a sprinkling of **pumpkin seeds**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Red Onion *	1	1	2
Cherry Plum Tomatoes	1 small punnet	1 small punnet	1 large punnet
Garlic Clove *	1	2	2
Basil	½ bunch	¾ bunch	1 bunch
Halloumi Cheese 7) *	1 block	1½ blocks	2 blocks
Lentils	1 carton	1½ cartons	2 cartons
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Baby Spinach *	1 small bag	1 small bag	1 large bag
Pumpkin Seeds	1 small bag	1 large bag	2 small bags

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 521G	PER 100G
Energy (kJ/kcal)	2435 / 582	467 / 112 kcal
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	25	5
Sugars (g)	14	3
Protein (g)	40	8
Salt (g)	3.62	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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