



Cooking Made Easy

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Lentil and Charred Vegetable Halloumi Salad

We laugh in the face of Jack Frost! The temperature may not be balmy but that hasn't stopped us dreaming of the summer to come, down here at the Fresh Farm. Patrick got us in the mood last week when this little number appeared from the Fresh Kitchen for a quick taste testing session. Bring on the flip-flops!



30 min



veggie



gluten free



Halloumi



Rocket



Organic Lentils



Courgette



Red Pepper



Lemon



Thyme

Ingredients

	2P	4P
Halloumi, sliced	1 block	2 blocks
Rocket	1 handful	2 handfuls
Organic Lentils	1 tin	2 tins
Courgette, strips	1	2
Red Pepper, strips	1	2
Lemon	½	1
Thyme Leaves	1 tsp	2 tsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Milk

Nutrition per serving: Calories: 625kcal | Protein: 42g | Carbs: 38g | Fat: 34g | Saturated Fat: 20g



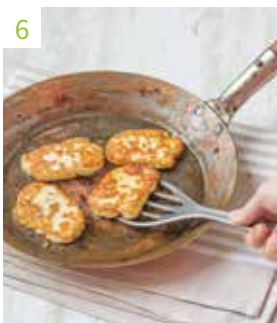
1 Cut the top and bottom off the courgette, cut it into long strips about ½ cm thick. Cut the top off the pepper and remove the seeds, cut it into long strips. Drain and thoroughly rinse your lentils.



2 Heat a frying pan with 1 tsp of olive oil over a high heat. Fry off the strips of courgette in the pan in batches, remove to one side. Repeat with the red pepper strips.
Tip: You want the veg to char slightly, which is easier with less oil



3 Make a vinaigrette with 1 tbsp of lemon juice, 1 tsp of the thyme leaves, 2 tbsp of olive oil, ¼ tsp of salt and a few grinds of black pepper. **Tip:** Pull your fingers along the thyme stalk to remove the leaves



4 Mix the lentils with the courgette, red pepper, rocket and the vinaigrette. Taste for seasoning and add more salt or pepper as required.

5 Cut the halloumi into slices 1 cm thick. Coat in ½ tbsp of olive oil with the zest from ½ the lemon.

6 Heat a frying pan over a medium heat. Cook the halloumi for 2 - 3 mins on each side, until golden brown.

7 Divide the salad between your bowls and top with the halloumi.