



Cooking Made Easy

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Lentil and Charred Vegetable Halloumi Salad

Summer is finally here and down at the Fresh Farm, we are celebrating! 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



Courgette



Red Pepper



Organic Lentils



Lemon



Thyme



Rocket



Halloumi

Ingredients

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

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

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



1 Cut the top and bottom off the courgette, slice into long strips about ½ cm thick. Cut the top off the pepper and remove the seeds, slice 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 sprig 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 and the zest from half 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.