







More Than Food
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Lentil and Charred Vegetable Halloumi Salad

Summer is finally here and down at the Fresh Farm we're 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 mins

 veggie


Courgette (1)


Red Pepper (1)


Organic Vert
Lentils (1 tin)


Lemon
(½)


Thyme
(4 sprigs)


Rocket
(1 handful)


Halloumi Cheese
(1 block)

Ingredients

2 PEOPLE

ALLERGENS

Courgette, sliced	1	
Red Pepper, sliced	1	
Organic Vert Lentils	1 tin	
Lemon	½	
Thyme	4 sprigs	
Rocket	1 handful	
Halloumi, sliced	1 block	Milk



Our fruit and veggies may need a little wash before cooking!

Did you know...

Archaeological evidence shows lentils were eaten as far back as 10,000BC.

Nutrition per serving: Calories: 629 kcal | Protein: 46 g | Carbs: 40 g | Fat: 32 g | Saturated Fat: 19 g

1



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

2



2 Heat a frying pan with 1 tsp of **olive oil** over high heat. Fry 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



3 Make a vinaigrette with 1 tbsp of **lemon** juice, 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 stalks to remove the leaves.

6



4 Drain and rinse the **lentils** then mix 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 1cm thick. Coat in 1½ tsp of **olive oil** and the zest from the **lemon**.

6 Heat a frying pan over 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**.