



# Pan-Fried Halloumi

with Caramelised Red Onion and Lentils

**CLASSIC** 35 Minutes • 3 of your 5 a day • Veggie

Nº 24



Echalion Shallot



Red Onion



Baby Plum Tomatoes



Garlic Clove



Halloumi Cheese



Lentils



Balsamic Vinegar



Baby Spinach



Pumpkin Seeds

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Saucepan and Two Frying Pans.

### Ingredients

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

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	588g	100g
Energy (kJ/kcal)	2902/694	494/118
Fat (g)	35	6
Sat. Fat (g)	19	3
Carbohydrate (g)	42	7
Sugars (g)	14	2
Protein (g)	45	8
Salt (g)	3.90	0.66

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Do the Prep

Halve, peel and chop the **shallot** into small pieces. Halve, peel and thinly slice the **red onion**. Halve the **tomatoes**. Peel and grate the **garlic** (or use a garlic press). Cut the **halloumi** into three slices per person. Drain and rinse the **lentils** in a sieve.



## 4. Add the Spinach

Add the **spinach** to the **lentils** a handful at a time and cook until wilted, 1-2 mins. When wilted, pop a lid on and remove from the heat. Set aside.



## 2. Caramelize the Onion

Heat a drizzle of **oil** in a small saucepan on medium heat and add the **red onion**. Season with **salt** and 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.



## 5. Fry the Halloumi

While the spinach wilts, put another frying pan on medium heat and add a drizzle of **oil**. Once the **oil** is hot, lay in the **halloumi** slices. Fry until golden, 3-4 mins on each side, then remove the pan from the heat.



## 3. Cook the Lentils

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. Add the **shallot** and cook until soft, 4-5 mins. Add the **tomatoes**, and cook until softened, 4-5 mins more. Add the **garlic**, stir and cook for another minute. Next, add the **lentils** and season with **salt** and **pepper**. Stir and cook until the **lentils** are piping hot, 3-4 mins.



## 6. Assemble and Serve

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

Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.