



Pan-Fried Halloumi

with Caramelised Red Onion and Lentils

Classic 35 Minutes • 3 of your 5 a day • Veggie











Red Onion





Halloumi Cheese





Balsamic Vinegar



Vegetable Stock Powder



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Small Saucepan (with a Lid) and two Frying Pans (one with a Lid).

Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Ciabatta 11) 13)	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Halloumi Cheese 7) **	1 block	1½ blocks	2 blocks
Lentils	1 cartons	11/2 cartons	2 cartons
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Water for the Lentils*	50ml	75ml	100ml

^{*}Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	2879 /688	606/145
Fat (g)	33	7
Sat. Fat (g)	19	4
Carbohydrate (g)	51	11
Sugars (g)	13	3
Protein (g)	43	9
Salt (g)	5.64	1.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

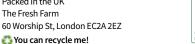
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Do the Prep

Preheat your oven to 200°C. Halve the tomatoes. Halve the ciabatta (as if you were making a sandwich) and chop into 2cm chunks. Pop them both on a baking tray. Drizzle with oil and season with salt and pepper. Toss to coat. Halve, peel and thinly slice the **red onion**. 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.



Caramelise the Onion

Heat a drizzle of oil in a large 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, 3-4 mins. Once cooked, stir in the garlic and cook for 1 minute.



Cook the Lentils

Pour in the water (see ingredients for amount) and stir in the vegetable stock powder. Bring to the boil and simmer until reduced by half, 2-3 mins. Add the **lentils**, bring to the boil and cook until they are piping hot, 2-3 mins. Taste and add salt and **pepper** if you feel it needs it.



Add the Spinach

While everything cooks, bake the tomatoes and ciabatta in your oven until the croutons are golden and the tomatoes softened. 8-10 mins. Once cooked, remove from the oven and set aside. Once the **lentils** are piping hot, add in the **spinach** 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.



Fry the Halloumi

While the **spinach** wilts, put a 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.



Assemble and Serve

Stir the tomatoes and croutons into the lentils, taste and add salt and pepper if you feel it needs it. Serve the lentils in bowls with the halloumi slices on top.

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.