



# Pan-Fried Halloumi with Caramelised Red Onion and Lentils

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

20



Baby Plum Tomatoes



Red Onion



Garlic Clove



Halloumi Cheese



Lentils



Balsamic Vinegar



Vegetable  
Stock Powder



Baby Spinach



Croutons

## Before you start

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

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Small Bowl, Saucepan and Frying Pan.

## Ingredients

	2P	3P	4P
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Red Onion**	1	1	2
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
Water for the Lentils*	50ml	75ml	100ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 bag	1 bag	2 bags
Croutons 7) 13)	1 pack	2 packs	2 packs

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	2684/642	598/143
Fat (g)	35	8
Sat. Fat (g)	19	4
Carbohydrate (g)	39	9
Sugars (g)	12	3
Protein (g)	40	9
Salt (g)	5.30	1.18

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 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, Soy, Gluten & Sulphites.

## Contact

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You can recycle me!



## Do the Prep

Preheat your oven to 200°C. Halve the **tomatoes** and pop them 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. Place the **halloumi slices** in a small bowl of cold water and leave to soak. Drain and rinse the **lentils** in a sieve.



## Caramelize 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 the **lentils** until 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** in your oven until they are 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** into the **lentils**, taste and add **salt** and **pepper** if you feel it needs it. Serve the **lentils** in bowls with the **halloumi slices** and **croutons** 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.