



# Pan-Fried Halloumi with Caramelised Red Onion and Lentils

Classic 35 Minutes • 3 of your 5 a day

18



Baby Plum Tomatoes



Red Onion



Garlic Clove



Halloumi Cheese



Lentils



Balsamic Vinegar



Vegetable Stock Powder



Baby Spinach



Croutons



Chicken Breast



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

All of our fruit and veggies need a little wash before you use them.

## Cooking tools, you will need:

Baking Tray, Sharp Knife, Chopping Board, Fine Grater (or Garlic Press), Bowl, Saucepan, Measuring Jug & Frying Pan.

## Ingredients

	2P	3P	4P
Baby Plum	1 small	1 large	1 large
Tomatoes	1 punnet	1 punnet	1 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
Chicken Breasts**	2 fillets	3 fillets	4 fillets
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water*	50ml	75ml	100ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small 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)	4.34	0.97
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	3441 / 823	565 / 135
Fat (g)	38	6
Sat. Fat (g)	20	3
Carbohydrate (g)	39	6
Sugars (g)	12	2
Protein (g)	78	13
Salt (g)	4.50	0.74

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, Soya, Gluten & Sulphites.

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## Do the Prep

Halve the **tomatoes**. Pop the **tomatoes** 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.



## Add the Spinach

While everything cooks, bake the **tomatoes** in your oven until they're 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.



## 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.



## 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.



## 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.



## 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!



## CUSTOM RECIPE

If you've added **chicken** to your meal then before you start step 2, heat a drizzle of **oil** in a frying pan on medium high heat. Season the **chicken** with **salt** and **pepper**. Once, hot, lay in the **chicken** and cook until browned, 4-5 mins each side. Once browned, pop the **chicken** on a baking tray and roast in your oven on the top shelf until cooked through, 12-15 mins. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* When cooked, remove from your oven, cover with foil and rest for a couple of mins. Once the **chicken** is in the oven, continue with the step as instructed (using the same pan).



## CUSTOM RECIPE

If you've added chicken breast to your meal, once the chicken has rested, thinly slice. Serve on top of the lentils in along with the croutons and **halloumi**.