



Pan-Fried Halloumi

with Caramelised Red Onion and Lentils





Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.











Cherry Tomatoes







Halloumi Cheese





Balsamic Vinegar

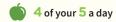


Spinach



Pumpkin Seeds

35 mins



The UK now eats more halloumi than anywhere else in the world, apart from Cyprus where it's made. We can see why! Everyone loves this 'squeaky cheese' with its delicious salty taste and firm texture. It's particularly good in today's recipe, paired with nutty lentils and sweet balsamic onions. Enjoy!



BEFORE YOU -

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater (or Garlic Press), Sieve, Small Saucepan (with a Lid) and two Frying Pans (one with a Lid). Now, let's get cooking!



DO THE PREP

Halve, peel and chop the **shallot** into ½cm pieces. Halve, peel and slice the **red onion** into thin half moons. Cut the **cherry tomatoes** in half. Peel and grate the **garlic** (or use a garlic press). Pick the mint leaves from their stalks and finely chop (discard the **stalks**). Cut the halloumi into four slices per person. Drain the lentils in a sieve and rinse under cold water.



CARAMELISE THE ONION Put a drizzle of **oil** in a small saucepan on medium heat and add the onion. Cook until really soft, 7 mins. Add the **balsamic** vinegar, pop a lid on and turn the heat down to low. Cook until nicely caramelised, stirring occasionally, 8-10 mins. Remove the pan from



COOK THE LENTILS

Heat a drizzle of oil in a frying pan on medium heat, add the shallot. Cook until soft, 5 mins. Add the **tomatoes**, a pinch of **salt** and black pepper. Cook for 5 mins more. Add the garlic, stir and cook for another minute. Next, add the lentils and season with another pinch of salt and black pepper. Stir and cook for 3 mins. Add the **spinach**, pop a lid on and remove from the heat. Set aside (the spinach will wilt inside the pan).



the heat and set aside.

COOK 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. Cook for 3 mins on each side until golden then remove the pan from the heat.



ADD THE MINT Stir half the mint into the lentil mixture. Don't worry if the spinach hasn't fully wilted that's fine!



ASSEMBLE AND SERVE Serve the **lentil mixture** in bowls with the **halloumi** slices on top. Spoon over the caramelised red onion and finish with the remaining mint and a sprinkle of pumpkin

INGREDIENTS

Echalion Shallot, chopped	1
Red Onion, sliced	1
Cherry Tomatoes, halved	1 punnet
Garlic Clove, grated	1
Mint, chopped	1 bunch
Halloumi Cheese, sliced 7)	1 block
Lentils	1 tin
Balsamic Vinegar 12)	1 tbsp
Spinach	1 bag
Pumpkin Seeds	15g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	591	111
(kJ)	2467	462
Fat (g)	35	7
Sat. Fat (g)	19	4
Carbohydrate (g)	27	5
Sugars (g)	16	3
Protein (g)	40	7
Salt (g)	3.62	0.68

ALLERGENS

7) Milk 12) Sulphites

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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seeds. Enjoy!