



# Pan-Fried Halloumi

with Caramelised Red Onion and Lentils



## HELLO MINT

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



Echalion Shallot



Red Onion



Cherry Tomatoes



Garlic Clove



Mint



Halloumi Cheese



Lentils



Balsamic Vinegar



Spinach



Pumpkin Seeds

35 mins

4 of your 5 a day

Veggie

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 START

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!



### 1 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.



### 2 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 the heat and set aside.



### 3 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).



### 4 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.



### 5 ADD THE MINT

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



### 6 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 seeds**. **Enjoy!**

## 2 PEOPLE 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 <sup>7)</sup>	1 block
Lentils	1 tin
Balsamic Vinegar <sup>12)</sup>	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

<sup>7)</sup>Milk <sup>12)</sup>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](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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