

Pan-Fried Halloumi on Harissa Lentils with Caramelised Red Onion, Spinach and Ciabatta Croutons

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day • Veggie

22



Red Onion



Garlic Clove



Halloumi



Brown Lentils



Baby Plum
Tomatoes



Ciabatta



Vegetable Stock
Paste



Harissa Paste



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, bowl, sieve, baking tray, frying pan, lid, measuring jug and kitchen paper.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Halloumi** 7)	250g	375g	500g
Brown Lentils	1 carton	1½ cartons	2 cartons
Baby Plum Tomatoes	125g	250g	250g
Ciabatta 13)	1	2	2
Water for the Lentils*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Baby Spinach**	100g	100g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	3163 / 756	587 / 140
Fat (g)	41	8
Sat. Fat (g)	19	4
Carbohydrate (g)	51	10
Sugars (g)	11	2
Protein (g)	43	8
Salt (g)	5.05	0.94

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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60 Worship St, London EC2A 2EZ

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1



Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Cut the **halloumi** into slices (3 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.

2



Make the Croutons

Halve the **tomatoes**. Halve the **ciabatta** and chop into 2cm chunks. Pop them both onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Bake on the top shelf of your oven until the **croutons** are golden and the **tomatoes** are softened, 8-10 mins. Set aside to cool.

3



Caramelize the Onions

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **red onion** and season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Fry until soft and sweet, 8-10 mins. Then, stir in the **garlic** and cook for 1 more min.

4



Cook the Lentils

Stir the **water for the lentils** (see ingredients for amount) and **vegetable stock paste** into the pan. Bring to the boil, then reduce the heat and simmer until reduced by about half, 2-3 mins. Add the **lentils** and **harissa paste** (add less if you don't like heat), then bring back to the boil and cook for 2-3 mins. Next, add in the **spinach** a handful at a time and cook until wilted and piping hot, 1-2 mins. Cover with a lid and remove from the heat.

5



Fry the Halloumi

Meanwhile, remove the **halloumi slices** from the **cold water**, pop them on a plate lined with kitchen paper and pat them dry. Heat a drizzle of **oil** in another frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.

6



Finish and Serve

Stir the **tomatoes** into the **lentils**. Taste and season with **salt** and **pepper** if needed. Serve the **lentils** in bowls with the **croutons** and **halloumi** on top.

Enjoy!