

Pan-Fried Halloumi on Harissa Lentils





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













Halloumi



Brown Lentils



Baby Plum



Tomatoes



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.

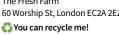
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Get Prepped

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.



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.



Caramelise 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.



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.



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.



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!