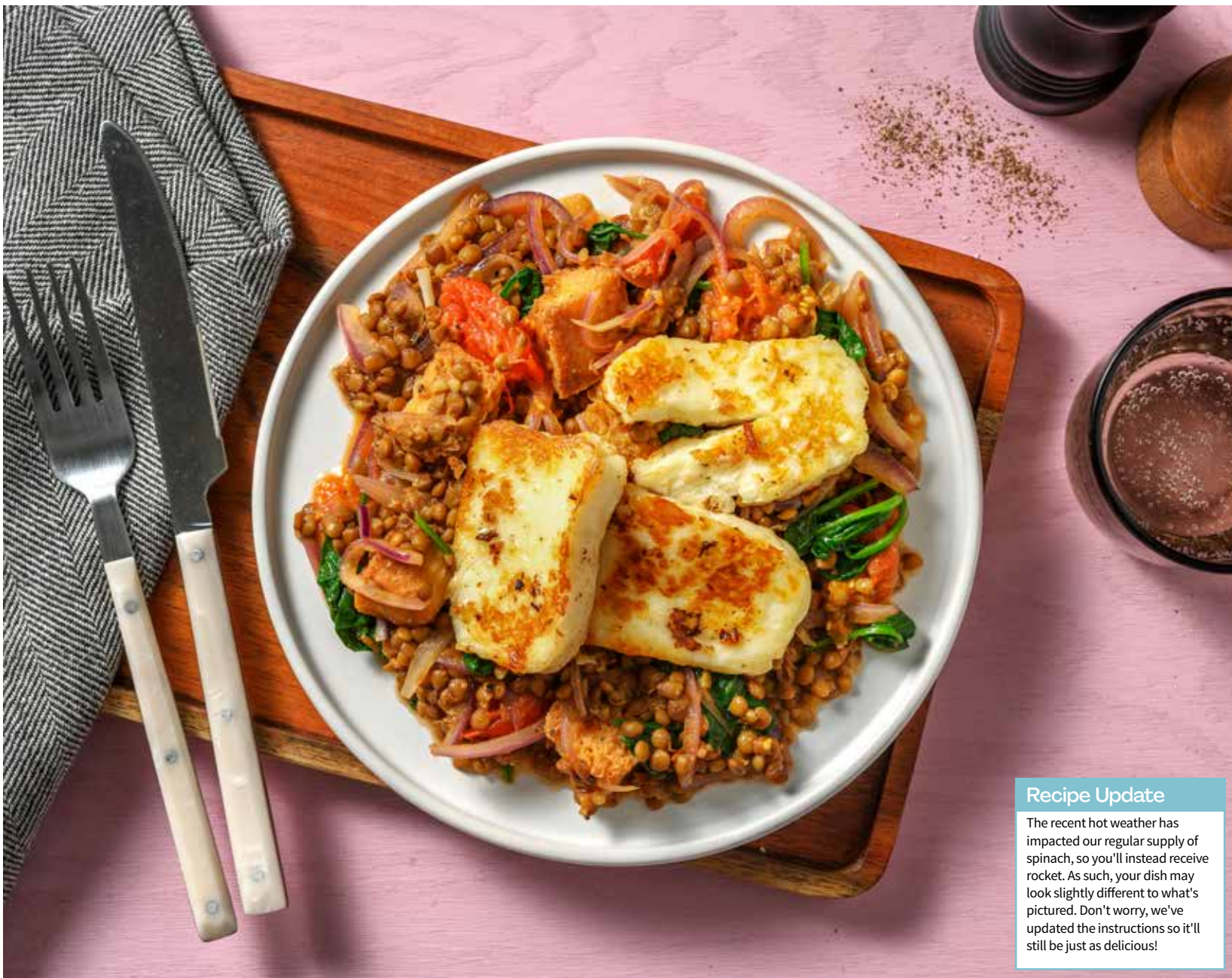


Pan-Fried Halloumi on Harissa Lentils with Caramelised Red Onion, Rocket and Ciabatta Croutons

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



Red Onion



Garlic Clove



Halloumi



Brown Lentils



Baby Plum Tomatoes



Ciabatta



Vegetable Stock Paste



Harissa Paste



Rocket

Recipe Update

The recent hot weather has impacted our regular supply of spinach, so you'll instead receive rocket. As such, your dish may look slightly different to what's pictured. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items

Oil, Salt, Pepper

Before you start

Our fruit and veg 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 and kitchen paper.

Ingredients

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	190g	250g
Ciabatta 13)	1	2	2
Vegetable Stock Paste 10)	10g	15g	20g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Rocket**	40g	40g	80g
Pantry	2P	3P	4P
Water for the Lentils*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	3146 /752	662 /158
Fat (g)	41.2	8.7
Sat. Fat (g)	19.3	4.1
Carbohydrate (g)	53.3	11.2
Sugars (g)	13.8	2.9
Protein (g)	41.1	8.6
Salt (g)	6.02	1.27

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

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 them in a small bowl of **cold water** and leave to soak.

Drain and rinse the **lentils** in a sieve.



Simmer and Spice

Stir the **water for the lentils** (see pantry for amount) and **veg stock paste** into the pan. Bring to the boil, then reduce the heat and simmer until reduced by about half, 2-3 mins.

Stir through the **lentils** and **harissa paste** (add less if you'd prefer things milder), then bring back to the boil and cook for 2-3 mins.



Make the Croutons

Halve the **tomatoes**. Halve the **ciabatta** and tear into 2cm chunks.

Pop them both onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, bake on the top shelf until the **croutons** are golden and the **tomatoes** have softened, 8-10 mins. Set aside to cool.



Halloumi Time

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.



Caramelize the Onions

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and season with **salt**, **pepper** and a pinch of **sugar** (if you have any). Fry until soft and sweet, 8-10 mins.

Stir in the **garlic** and cook for 1 min more.



Finish and Serve

Stir the **tomatoes** into the **lentils**. Taste and season with **salt** and **pepper** if needed.

Gently fold through the **croutons**, then serve the **lentils** in bowls with the **halloumi** and **rocket** on top.

Enjoy!