



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Spiced Lentils with Grilled Halloumi and Red Onion Textures

Great food is all about dimensions. For some people, food has only one dimension: they eat it for fuel. For others it has two dimensions: it not only keeps them going, but it tastes good too. But as with Oscar winning blockbusters about blue people from Pandora, the full experience can really only be enjoyed in 3D. For this dish, we added texture in the form of crispy onions and the hearty mouth filling indulgence that is grilled halloumi. Blue and red disposable glasses optional.

40 min

veggie



Cherry Tomatoes



Organic Lentils



Red Onion



Halloumi Cheese



Pistachios



Flour



Ras-el-Hanout




Basmati Rice




Baby Spinach

Ingredients

	2P	4P
Cherry Tomatoes, quartered	1½ cups	3 cups
Organic Lentils	1 tin	2 tins
Red Onion, sliced	1 cup	2 cups
Halloumi Cheese, sliced 1	1 block	2 blocks
Pistachios, chopped 2	3 tbsp	6 tbsp
Flour 3	1 tbsp	2 tbsp
Ras-el-Hanout	½ tbsp	1 tbsp
Basmati Rice	½ pack	1 pack
Baby Spinach, chopped	1 handful	2 handfuls

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Nut

3) Gluten

Nutrition per serving: Calories: 665 kcal | Protein: 35 g | Carbs: 77 g | Fat: 22 g | Saturated Fat: 11 g



1 Chop the cherry tomatoes into quarters. Drain and rinse the lentils. Peel and chop the red onion in half lengthways then slice thinly. Slice the halloumi into ½cm slices and chop the pistachios.

Cover the pan with a lid and leave for 10 mins. Remove the pan from the heat for 10 mins (don't remove the lid).



2 Mix the flour with a pinch of salt and pepper in a bowl. Mix the onion slices in the flour to thoroughly coat them.

6 Pre-heat your grill to high. While the grill heats up, brush your halloumi very lightly with oil. Lay the slices on a baking tray and grill as close to the heat as possible. Cook until thoroughly browned off on both sides.



3 Heat 1 tbsp of oil in a non-stick pan on medium-high heat. When the oil is hot, fry off the onion in small batches. **Tip:** *By not overcrowding the pan you can brown off the onion rather than stew it.* When the onion is really crispy, remove to the side (on kitchen towel preferably).

7 Finely chop the spinach. Once the rice is ready, stir in the lentils and half of the onions. Put it back on the hob on medium-low heat for a few mins. Test for seasoning and add more salt and pepper to taste. Lastly, stir the spinach through the rice.



4 In the (now empty) pan, heat 1 tbsp of oil on medium heat. Add the Ras-el-Hanout and cook for a minute (with a pinch of sugar if you have some). Mix in a third of the tomatoes (½ cup) and season with ¼ tsp salt and a few grinds of pepper.

8 Serve the halloumi on top of your rice, spinach and lentil mixture. Top with the leftover cherry tomatoes, remaining onions and a sprinkle of pistachios.

5 Add half the pack of rice to the pan and stir for a minute. Pour in 175ml (exactly) of water and turn the heat to its lowest setting.