

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

Classic 30-35 Minutes • **Mild Spice** • 2 of your 5 a day • Veggie

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Red Onion



Garlic Clove



Halloumi



Lentils



Baby Plum Tomatoes



Ciabatta



Vegetable Stock Paste



Harissa Paste



Baby Spinach

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Red Onion	1	1	2
Garlic Clove**	2	3	4
Halloumi** 7)	225g	337g	450g
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 14)	50g	75g	100g
Baby Spinach**	40g	60g	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	515g	100g
Energy (kJ/kcal)	2974 /711	577 /138
Fat (g)	37.9	7.4
Sat. Fat (g)	17.5	3.4
Carbohydrate (g)	52.6	10.2
Sugars (g)	13.1	2.5
Protein (g)	41.3	8.0
Salt (g)	5.70	1.11

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 14) Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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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.

Add the **spinach** a handful at a time and cook until wilted and piping hot, 1-2 mins.

Taste and season with **salt** and **pepper** if needed.

Remove from the heat.

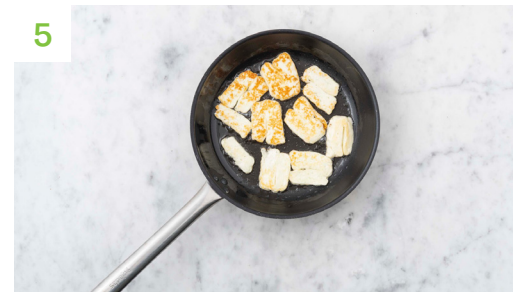


Make the Croutons

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

Pop them both onto a large 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 fry until softened, 10-12 mins. Season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

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



Finish and Serve

Gently stir the **tomatoes** and **croutons** through the **lentils**. Taste and season with **salt** and **pepper** if needed.

Share between your bowls and top with the **halloumi**.

Enjoy!