



# Pan-Fried Halloumi

with Caramelised Red Onion, Lentils and Ciabatta Croutons

Classic 35 Minutes • 3 of your 5 a day

18



Baby Plum Tomatoes



Ciabatta



Red Onion



Garlic Clove



Halloumi



Lentils



Balsamic Vinegar



Vegetable Stock Powder



Baby Spinach



Chorizo



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Small Bowl, Sieve, Large Saucepan with Lid, Frying Pan

## Ingredients

	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Ciabatta <b>11</b> <b>13</b>	1	2	2
Red Onion	1	1	2
Garlic Clove	1	2	2
Halloumi <b>7</b>	250g	375g	500g
Lentils	1 carton	1 ½ carton	2 cartons
Balsamic Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Baby Spinach	100g	150g	200g
 Chorizo	90g	120g	180g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>475g</b>	<b>100g</b>
Energy (kJ/kcal)	2879/688	606/145
Fat (g)	34	7
Sat. Fat (g)	19	4
Carbohydrate (g)	50	11
Sugars (g)	13	3
Protein (g)	42	9
Salt (g)	4.18	0.88
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
<b>for uncooked ingredient</b>	<b>520g</b>	<b>100g</b>
Energy (kJ/kcal)	3596/860	692/165
Fat (g)	48	9
Sat. Fat (g)	24	5
Carbohydrate (g)	50	10
Sugars (g)	13	3
Protein (g)	53	10
Salt (g)	6.37	1.22

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens


**7)** Milk **10)** Celery **11)** Soya **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Do the Prep

Preheat your oven to 200°C. Halve the **tomatoes**. Halve the **ciabatta** (as if you were making a sandwich) and chop into 2cm chunks to make **croutons**. Pop them both on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Cut the **halloumi** into **three slices** 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.



## Add the Spinach

While everything cooks, bake the **tomatoes** and **ciabatta** in your oven until the **croutons** are golden and the **tomatoes** softened, 8-10 mins. Once cooked remove from the oven and set aside. Once the **lentils** are piping hot, add in the **spinach** a handful at a time and cook until wilted, 1-2 mins. When wilted, pop a lid on and remove from the heat. Set aside.



## Caramelize the Onion

Heat a drizzle of **oil** in a large saucepan on medium heat and add the **red onion**. Season with **salt** and cook, stirring occasionally, until really soft, 5-7 mins. Add the **balsamic vinegar**, pop a lid on and turn the heat down to low. Cook until caramelised, stirring occasionally, 3-4 mins. Once cooked, stir in the **garlic** and cook for another minute.



## Fry the Halloumi

While the **spinach** wilts, put a frying pan on medium heat and add a drizzle of **oil**. Once the **oil** is hot, lay in the **halloumi slices**. Fry until golden, 3-4 mins on each side, then remove the pan from the heat.

### CUSTOM RECIPE

If you've added **chorizo** to your meal, pop your pan on the heat as instructed but before you fry the **halloumi**, add the **chorizo** and stir-fry until it starts to brown, 3-4 mins. Remove the **chorizo** from the pan to a bowl. Pop the pan back on a medium-high heat and add a drizzle of **oil**. Cook the **halloumi** as instructed.



## Cook the Lentils

Pour the **water** (see ingredients for amount) into the pan with the **onions** and stir in the **vegetable stock powder**. Bring to the boil and simmer until reduced by half, 2-3 mins. Add the **lentils**. Bring to the boil and cook until piping hot, 2-3 mins. Taste and add **salt** and **pepper** if you feel it needs it.



## Assemble and Serve

Stir the **tomatoes** and **croutons** into the **lentils**, taste and add **salt** and **pepper** if you feel it needs it. Serve the **lentils** in bowls with the **halloumi slices** on top.

## Enjoy!

### CUSTOM RECIPE

If you added **chorizo** to your meal, stir it through the **lentils** when you stir through the **tomatoes**.