



# Pan-Fried Halloumi with Caramelised Red Onion and Lentils

Classic 35 Minutes • 1 of your 5 a day • Veggie

22



Red Onion



Garlic Clove



Halloumi



Brown Lentils



Baby Plum  
Tomatoes



Ciabatta



Balsamic Vinegar



Vegetable Stock  
Paste



Baby Spinach



## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Sieve, Baking Tray, Frying Pan and Bowl.

## 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 11) 13)	1	2	2
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water*	75ml	100ml	150ml
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>514g</b>	<b>100g</b>
Energy (kJ/kcal)	2893 / 692	562 / 134
Fat (g)	34	7
Sat. Fat (g)	19	4
Carbohydrate (g)	49	10
Sugars (g)	10	2
Protein (g)	43	8
Salt (g)	4.48	0.87

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.

## Contact

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You can recycle me!



## Do the Prep

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 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.



## Make the Croutons

Halve the **tomatoes**. Halve the **ciabatta** and chop into 2cm chunks. Pop them both on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat. Place on the top shelf of your oven until the **croutons** are golden and the **tomatoes** are softened, 8-10 mins. Set aside to cool.



## Caramelize the Onions

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **red onion**, season, then fry until soft and sweet, 8-10 mins. Add the **balsamic vinegar** and a pinch of **sugar** and cook until the **balsamic** has evaporated, 1-2 mins. Stir in the **garlic** and cook for 1 min.



## Cook the Lentils

Add the **water** (see ingredients for amount) into the pan with the **onions** and stir in the **vegetable stock paste**. 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. Once the **lentils** are 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.



## 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 a frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, 2-3 mins each side.



## Assemble and Serve

Stir the **tomatoes** and **croutons** into the **lentils**. Taste and season if you feel it needs it. Serve the **lentil mix** in bowls with the **halloumi** slices on top.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.