



Pan-Fried Halloumi

with Caramelised Red Onion and Lentils



HELLO MINT

The Romans believed that eating mint would boost intelligence. Additionally, they thought that the scent of it was able to prevent people from becoming angry. Ambassadors even kept mint sprigs in their pockets!



Echalion Shallot



Red Onion



Cherry Tomatoes



Garlic Clove



Mint



Halloumi



Lentils



Balsamic Vinegar



Baby Spinach



Pumpkin Seeds

35 min Veggie

4 of your 5 a day

This quick and easy dish has variety, taste and texture that makes every mouthful absolutely delicious! The hearty lentils balance beautifully against the fresh mint and sweet onion and the pumpkin seeds give it a lovely crunch alongside the creamy halloumi! Enjoy!

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you have **2 Frying Pans**, a **Small Saucepan**, a **Fine Grater**, a **Colander**, a **Garlic Press** and let's start cooking!



1 PREP THE INGREDIENTS

Halve, peel and chop the **shallot** into small ½cm pieces. Halve, peel and slice the **red onion** into thin half moon. Cut the **cherry tomatoes** in half. Peel and grate the **garlic** (or use a garlic press). Remove the **mint leaves** from their stalks. Discard the **stalks** and chop the **leaves**. Slice each **halloumi** block into eight slices. Drain the **lentils** in a sieve or colander and rinse under cold water.



2 CARAMELISE THE ONION

Drizzle a good glug of **olive oil** into a saucepan on medium heat and add the **red onion**. Cook until really soft, 7 mins. Add the **balsamic vinegar**, pop a lid on and turn the heat down to low. Cook until nicely caramelised, stirring occasionally, 8-10 mins. Transfer to a bowl and set aside. Wipe out the pan.



3 COOK THE LENTILS

Heat a drizzle of **oil** in another frying pan on medium heat, add the **shallot**. Cook until soft, 5 mins. Add the **tomatoes**, a pinch of **salt** and **black pepper**. Cook for 5 mins more. Add the **garlic** and stir. Cook for another minute. Next add the **lentils** along with another pinch of **salt** and **black pepper**. Stir together. Warm through for 3 mins. Add the **baby spinach**, pop a lid on and leave to the side (off the heat) to wilt the **spinach**.



4 COOK THE HALLOUMI

While the **spinach** wilts, put the (now empty) pan you used for the **onions** on medium heat and add a drizzle of **oil**. Once the **oil** is hot, lay in the **halloumi** slices. Cook for 3 mins on each side until golden. Remove the pan from the heat.



5 ADD THE MINT

Add half the **mint** to the **lentil mixture** and stir together (if the **spinach** hasn't wilted completely, that's fine!).



6 ASSEMBLE AND SERVE

Serve the **lentil mixture** in bowls with the **halloumi slices** on top. Spoon over the **caramelised red onion** and finish with the remaining **mint** and **pumpkin seeds**.

ENJOY!

4 PEOPLE INGREDIENTS

Echalion Shallot, chopped	2
Red Onion, sliced	2
Cherry Tomatoes, halved	2 punnets
Garlic Clove, grated	2
Mint, chopped	2 bunches
Halloumi, sliced 7)	2 blocks
Lentils	2 tins
Balsamic Vinegar 12)	2 tbsp
Baby Spinach	1 bag
Pumpkin Seeds	30g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	625	51
(kJ)	2610	215
Fat (g)	35	3
Sat. Fat (g)	19	2
Carbohydrate (g)	30	2
Sugars (g)	14	1
Protein (g)	43	4
Sodium (g)	4	0

ALLERGENS

7)Milk 12)Sulphites

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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