



FEB
2017

Charred Veggie Salad

with Lentils and Grilled Halloumi

Halloumi is a deliciously salty cheese from the Mediterranean countries! We love it because it has a very high melting point - which makes it ideal for pan-frying or grilling. And you'll love its signature squeaky texture!

 Prep
30 min

 level 1

 veggie



Halloumi Cheese



Zucchini



Red Bell Pepper



French Green
Lentils



Lemon



Mint



Arugula



Honey

Ingredients

| | | | |
|----------------------|----|----------|-----------------|
| Halloumi Cheese | 1) | 2 People | 1 pkg (150 g) |
| Zucchini | | | 1 |
| Red Bell Pepper | | | 1 |
| French Green Lentils | | | 1 pkg (113 g) |
| Lemon | | | 1 |
| Mint | | | 1 pkg (7 g) |
| Arugula | | | 1 pkg (113 g) |
| Honey | | | 1/3 pkg (1 tsp) |
| Olive or Canola Oil* | | | |

*Not Included

Allergens

1) Milk/Lait

Tools

Small Pot, Strainer, Zester, Large Non-Stick Pan, Medium Bowl

Nutrition per person Calories: 527 cal | Fat: 28 g | Protein: 30 g | Carbs: 41 g | Fibre: 9 g | Sodium: 929 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Cook the lentils: Rinse the **lentils**, then add to a small pot along with enough water to cover the lentils. Boil over high heat until lentils are tender, 14-15 min.

2 Prep: Meanwhile, **wash and dry all produce**. Slice the **zucchini** lengthwise into 1/4-inch thick slices. Core, then thinly slice the **red peppers** into strips. Roughly chop the **mint** leaves. Zest, then juice the **lemon**. Cut the **halloumi** lengthwise into 1/4-inch thick rectangles.

3 Char the zucchini: Heat a large non-stick pan over medium-high heat. Add the **zucchini slices** to the dry pan. Cook, until golden-brown, 2-3 min per side. (Depending on the size of your pan, you may need to do this in batches.) Transfer to a plate.

4 Cook the red peppers: In the same pan, add a drizzle of **oil**, then the **red peppers**. Cook, stirring, until golden, 4-5 min. Transfer to the same plate as the **zucchini**.

5 Brown the halloumi: Pat the halloumi dry with a paper towel. Add the **halloumi** to the pan. Cook until golden-brown, 2-3 min per side.

6 Make the vinaigrette: In a medium bowl, whisk the **lemon juice**, **zest**, **1 tsp honey** and a drizzle of **oil**. Season with **salt** and **pepper**.

7 Finish and serve: Drain the **lentils**. Add the lentils, **arugula** and **veggies** to the vinaigrette. Toss together. Divide the **salad** between bowls. Top with **halloumi slices**. Sprinkle with **mint**. Enjoy!

COOKING TECHNIQUE: Charring means to scorch the surface. In cooking terms, it means to deeply brown the surface of the meat or vegetable! This technique works best in a dry pan (with no oil.)

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