



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 11 13	1	2	2
Red Onion	1	1	2
Garlic Clove	1	2	2
Halloumi 7	250g	375g	500g
Lentils	1 carton	1 ½ carton	2 cartons
Balsamic Vinegar 14	1 sachet	1 sachet	2 sachets
Water for the Lentils*	75ml	100ml	150ml
Vegetable Stock Powder 10	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
for uncooked ingredient	475g	100g
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
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	520g	100g
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.

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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**.