



More Than Food
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Spiced Lentils with Grilled Halloumi and Red Onion Textures

Great food is all about dimensions. For some people, food has only one dimension: they eat it for fuel. For others it has two dimensions: it not only keeps them going, but it tastes good too. However, as with Oscar winning blockbusters about blue people from Pandora, the full experience can really only be enjoyed in 3D. For this dish, we've added texture in the form of crispy onions and the hearty mouth filling indulgence that is grilled halloumi. Blue and red disposable glasses optional.

 35 mins

 veggie



Cherry Tomatoes
(1 punnet)



Organic Vert Lentils
(1 tin)



Red Onion
(½)



Halloumi Cheese
(1 block)



Pistachios
(25g)



Flour (1 tbsp)



Ras-el-Hanout (1½ tsp)



Basmati Rice (½ cup)



Boiling Water
(175ml)



Baby Spinach
(1 handful)

2 PEOPLE INGREDIENTS

- Cherry Tomatoes, quartered
- Organic Vert Lentils
- Red Onion, sliced
- Halloumi Cheese
- Pistachios, chopped

- 1 punnet
- 1 tin
- ½
- 1 block
- 25g

- Flour
- Ras-el-Hanout
- Basmati Rice
- Boiling Water
- Baby Spinach, chopped

- 1 tbsp
- 1½ tsp
- ½ cup
- 175ml
- 1 handful

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In some cultures lentils are considered a traditional mourning food due to their circular shape, which is thought to represent the circle of life and death.

Allergens: Milk, Nut, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	780 kcal / 3263 kJ	35 g	17 g	74 g	10 g	45 g	3 g
Per 100g	124 kcal / 518 kJ	6 g	3 g	12 g	2 g	7 g	0 g



1 Chop the **cherry tomatoes** into quarters. Drain and rinse the **lentils**. Peel and chop the **red onion** in half lengthways then slice thinly. Slice the **halloumi** into ½cm slices and chop the **pistachios**.



2 Mix the **flour** with a pinch of **salt** and **pepper** in a bowl. Mix your **onion** slices in the **flour** to thoroughly coat them.



3 Heat a splash of **oil** in a non-stick pan on medium-high heat. When the **oil** is hot, fry off your **onion** in small batches. **Tip:** *By not overcrowding the pan you can brown off the onion rather than stew it.* When your **onion** is really crispy, remove to the side (on kitchen paper preferably).



4 In the (now empty) pan, heat another splash of **oil** on medium heat. Add the **ras-el-hanout** and cook for 1 minute (with a pinch of **sugar** if you have some). Mix in a third of your **tomatoes** and season with a pinch of **salt** and a few grinds of **pepper**.

5 Add the **rice** to the pan and stir for 1 minute. Pour in the exact quantity of **boiling water** as stated above and turn the heat to its lowest setting. Cover the pan with a lid and leave for 10 mins. Remove the pan from the heat for 10 mins (don't remove the lid).

6 Pre-heat your grill to high. While your grill heats up, brush your **halloumi slices** very lightly with **oil**. Lay the slices on a baking tray and grill as close to the heat as possible. Cook until thoroughly browned off on both sides.

7 Finely chop the **spinach**. Once your **rice** is ready, stir in your **lentils** and half of your **onions**. Put your pan back on the hob on medium-low heat for a few mins. Test for seasoning and add more **salt** and **pepper** to taste. Lastly, stir your **spinach** through the **rice**.

8 Serve your **halloumi** on top of your **rice, spinach** and **lentil** mixture. Top with your leftover **cherry tomatoes**, remaining **onions** and a sprinkle of **pistachios**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!