



Product Spotlight: Halloumi

Halloumi has the unusual feature of not melting when heated which makes it great for grilling and pan frying!



Lemon Halloumi Crockpot

A bright and comforting vegetarian dish with barley and a fragrant lemon, fennel and tomato stew, topped with golden pan-fried halloumi and crunchy toasted pine nuts.



35 minutes



Vegetarian



2 servings

Switch it up!

Turn this dish into a warm salad instead! Roast the vegetables and toss with pearl barley and halloumi. Add baby spinach or rocket for some greens. Make a dressing using the lemon and garnish with toasted pine nuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	33g	47g

FROM YOUR BOX

PEARL BARLEY	100g
BROWN ONION	1
FENNEL	1
CHERRY TOMATOES	200g
ROSEMARY SPRIG	1
VEGGIE STOCK PASTE	1 jar
LEMON	1
PINE NUTS	20g
HALLOUMI	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

2 saucepans, frypan

NOTES

Reserve fennel fronds for garnishing the dish.

No gluten option - Pearl Barley is replaced with **brown rice**. Cook for same time as pearl barley.



1. COOK THE PEARL BARLEY

Place **barley** in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



2. SAUTÉ THE VEGETABLES

Heat a large saucepan over medium-high heat with **oil**. Dice **onion** and **fennel** (see notes). Halve **cherry tomatoes**. Chop and add **rosemary leaves**. Cook for 5 minutes until **onion** begins to soften.



3. SIMMER THE STEW

Stir **1/2 tsp turmeric** and **stock paste** to **stew**. Cover with **2 cups water**. Simmer, covered for 8 minutes until **vegetables** are tender. Zest **lemon** and set aside. Squeeze in **1/2 lemon juice** (wedge remaining) and season with **salt and pepper**.



4. TOAST THE PINE NUTS

Add **pine nuts** to a dry frypan and toast for 2-4 minutes until golden. Remove and set aside.



5. COOK THE HALLOUMI

Dice **halloumi** and coat with **lemon zest** and **oil**. Heat a frypan over medium-high heat. Add **halloumi** and cook for 4-5 minutes until golden on each side.



6. FINISH AND SERVE

Divide **pearl barley** among bowls. Spoon over **stew** and top with **halloumi**. Garnish with **pine nuts** and **fennel fronds**. Serve with **lemon wedges**.



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