



### 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



4/6 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
	31g	41g/34g	53g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL BARLEY	200g	200g + 100g
BROWN ONION	1	2
FENNEL	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
ROSEMARY SPRIG	1	2
VEGGIE STOCK PASTE	1 jar	2 jars
LEMON	1	1
PINE NUTS	20g	2 x 20g
HALLOUMI	500g	3 x 200g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric

## 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.



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### 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 tsp turmeric** and **stock paste** to stew. Cover with **3 1/2 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**.

6P - Add 1.2L water



### 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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