



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Halloumi

“Squeaky” or “grilling” cheese are other names for this popular and delicious cheese! Originally from Cyprus and using non-animal rennet, this cheese is meant to be heated up prior to eating!



## 3 Spiced Halloumi with Lentils & Mango Chutney Dressing

Golden cubes of halloumi with charred red peppers, grilled asparagus and Puy lentils, all tossed with a mango coconut chutney dressing.

 30 minutes

 2 servings

 Vegetarian

2 November 2020

## Spice it up!

*You can add some fresh herbs to this salad such as mint or coriander. If you're not a fan of lentils you can use red or brown rice instead.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 30g **CARBOHYDRATES** 38g

## FROM YOUR BOX

PUY LENTILS	1 packet (100g)
CHERRY TOMATOES	1/2 bag (100g) *
ROASTED RED PEPPERS	1/2 jar *
CONTINENTAL CUCUMBER	1/3 *
LEMON	1/2 *
MANGO CHUTNEY	1 tub (50g)
HALLOUMI	1 packet (150g)
ASPARAGUS	1 bunch

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, sumac (optional, see notes), cumin seeds (or ground cumin)

## KEY UTENSILS

frypan, saucepan

## NOTES

If you don't have sumac you can use smoked paprika, ground turmeric or garam masala instead for some extra flavour.

If you have any leftover lemon after making the dressing, you can squeeze the extra juice over the halloumi as it cooks.



### 1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 2. PREPARE THE SALAD

Halve cherry tomatoes. Slice drained peppers and dice cucumber.



### 3. MAKE THE DRESSING

Whisk together 1/2 tbsp lemon juice with chutney, **1/2 tbsp water** and **1 tbsp olive oil**. Season with **salt and pepper**.



### 4. PREPARE THE HALLOUMI

Dice halloumi. Trim and slice asparagus into thirds. Coat with **1/2 tsp sumac**, **1/2 tsp cumin seeds**, **oil**, **salt and pepper**.



### 5. COOK THE HALLOUMI

Heat a frypan over medium-high heat. Cook halloumi and asparagus for 4–5 minutes, turning, until golden (see notes).



### 6. FINISH AND PLATE

Toss the lentils, salad, dressing, halloumi and asparagus together. Divide among plates to serve.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

