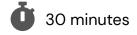




Spiced Halloumi

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

22g 30g

33g

FROM YOUR BOX

PUY LENTILS	1 packet (200g)
CHERRY TOMATOES	1 bag (200g)
ROASTED RED PEPPERS	1/2 jar *
CONTINENTAL CUCUMBER	1/2 *
LEMON	1/2 *
MANGO CHUTNEY	2 tubs (2 x 50g)
HALLOUMI	1 packet (300g)
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.



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 lemon juice with chutney, 1 tbsp water and 2 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 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.



6. FINISH AND PLATE

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



