





## Middle Eastern Rice

with Haloumi, Lentils and Currants

 30-40min  4 Portions

Enjoy a Middle Eastern feast with this irresistible vegetarian meal. Featuring a medley of spices, including cinnamon, turmeric and allspice, plus toasted cashews, sweet currants, soft lentils, grated haloumi and tender basmati rice, it bursts with flavour and texture in every bite. Top with caramelised onion and a squeeze of lemon juice for a dish you'll really remember.



## What we send

- baby spinach leaves
- onion brown
- zucchini
- dried currants
- basmati rice
- cashew nut pieces <sup>15</sup>
- French blue lentils
- allspice
- haloumi <sup>7</sup>
- turmeric
- ground cinnamon
- lemons

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- paper towel

Our vegies come fresh from the farm, so please wash them before use.

### Cooking tip

Lentils should always be cooked in unsalted water or liquids to prevent them becoming tough. Add salt to season the dish at the end of cooking, prior to serving.

### Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

### Nutrition per serving

Energy 910kcal, Fat 43.4g, Carbs 90.7g, Proteins 33.3g



**1. Fry onions**

Bring a medium saucepan of water to the boil for the lentils. Thinly slice the **onions**. Heat **60ml (¼ cup) olive oil** in a large deep frypan over medium-high heat. Cook the onion, stirring, for 8 mins or until deeply golden and lightly crisp. Remove from the pan and drain on paper towel. Reserve the pan.



**4. Grate haloumi**

Meanwhile, coarsely grate the **haloumi** and **zucchini**.



**2. Toast cashews and spices**

Meanwhile, rinse **lentils** and cook in the pan of boiling water for 5 mins to par-cook (see cooking tip). Drain and set aside. Heat **2 tbs olive oil** in reserved frypan over medium heat. Cook the **cashews, 1 tsp turmeric, 2 tsp allspice** and **2 tsp cinnamon** (any remaining spices wont be used in this dish), stirring, for 3 mins or until the cashews are golden.



**5. Add vegetables**

Gently stir the **zucchini, currants** and **half the grated haloumi** into the rice mixture, then cover and cook for 5 mins or until warmed through. Meanwhile, juice **1 lemon** and cut the **remaining lemon** into wedges.



**3. Cook rice**



Add the **rice, lentils** and **750ml (3 cups) boiling water** to the cashew mixture (see cooking tip). Bring to the boil, then reduce the heat to medium-low and cook, covered, for 15 mins or until the lentils are al dente.



**6. Get ready to serve**

Remove the pan from the heat. Add the **spinach** and stand, covered, for 5 mins or until the spinach is wilted. Season well with **salt and pepper** and drizzle over the **lemon juice**. Divide the **Middle Eastern rice** among bowls and scatter over the **fried onions** and **remaining grated haloumi**. Serve with the **lemon wedges**.

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