

# MARLEY SPOON



## Lentil and Haloumi Salad

with Toasted Pecans



20-30min



2 Portions

Fast, fresh and filling, this salad wins on all fronts by cleverly combining cooked elements and fresh ingredients. Simmer earthy puy lentils, toast pecan nuts and pan-fry delicious haloumi, then toss with juicy cherry tomatoes, rocket and a simple vinaigrette for the perfect summer's night dinner.



## What we send

- mixed medley tomatoes
- haloumi <sup>7</sup>
- French-style lentils
- rocket leaves
- pecans <sup>15</sup>
- mint
- red onion
- celery, garlic

## What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper

## Utensils

- large frypan
- medium saucepan
- paper towel

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

### Cooking tip

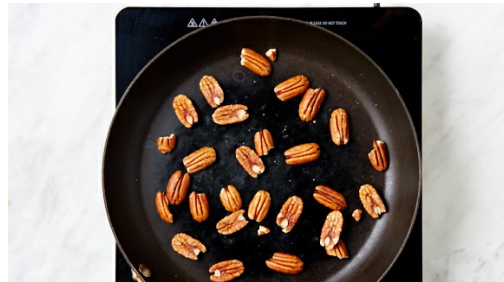
Starting with a cold pan ensures the nuts toast evenly and prevents them burning. ~If you aren't a garlic-lover, only add half the garlic to the haloumi.

### Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

### Nutrition per serving

Energy 775kcal, Fat 53.4g, Carbs 31.2g, Proteins 35.1g



### 1. Toast pecans

Bring a medium saucepan of water to the boil for the lentils. Put the **pecans** in a cold large frypan over medium heat (see cooking tip). Cook, tossing, for 3-4 mins until toasted. Remove from the pan, reserving the pan.



### 2. Cook lentils

Add the **lentils** to the pan of boiling water and cook, stirring occasionally, for 20 mins or until tender. Drain and rinse under cold water to cool slightly.



### 3. Cook onion

Meanwhile, cut the **onion** into wedges. Heat **1 tbs olive oil** in a large frypan over medium-high heat. Cook the onion, stirring occasionally, for 8 mins or until softened and starting to caramelize. Season with **salt and pepper**. Remove from the pan, reserving the pan.



### 4. Prepare vegetables

While the onion is cooking, thinly slice the **celery**. Very thinly slice the **garlic**. Pick the **mint** leaves, discarding the stems. Halve the **tomatoes**. Coarsely chop the **pecans**. Drain the **haloumi** and dry on paper towel. Halve lengthwise, then thickly slice and season with **pepper**.



### 5. Cook haloumi

Heat **1 tbs olive oil** in the reserved pan over medium heat. Cook the **haloumi** for 2-3 mins each side until golden, adding the **garlic** (see cooking tip) to the pan for last 1 min.



### 6. Get ready to serve

Meanwhile, put **1 tbs extra virgin olive oil** and **1 tbs red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **lentils, celery, mint, tomato** and **rocket** and toss to coat. Divide the **salad** and **haloumi** among plates. Scatter over the **onion** and **pecans** to serve.