

MARLEY SPOON



Lentil and Haloumi Salad

with Toasted Pecans



20-30min



4 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

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

What you'll require

- extra virgin olive oil
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- large frypan
- large 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.

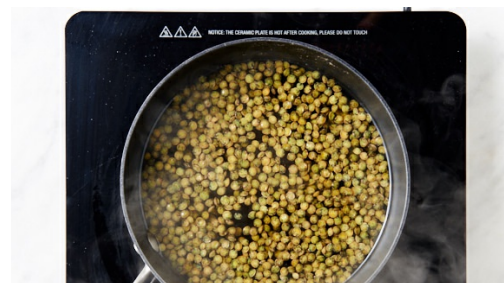
Nutrition per serving

Energy 710kcal, Fat 48.4g, Carbs 31.5g, Proteins 30.5g



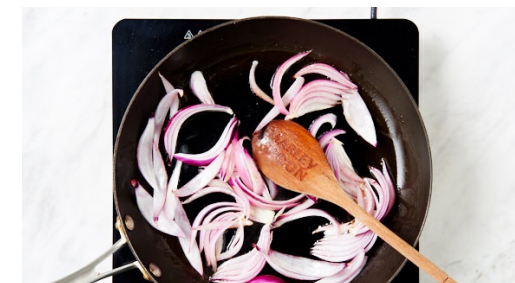
1. Toast pecans

Bring a large 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 **2 tbs extra virgin olive oil** and **2 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.