



# Pan-fried Cheese on Spiced Lentils

with caramelised onion

Veggie 40-45 mins • Spicy

9



Lentils



Onion



Garlic



Cherry Tomatoes



Grilling Cheese



Baby Spinach



Harissa Paste



Vegetable Stock

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Baking Sheet with Baking Paper, Sieve, Pan with Lid

## Ingredients

	2P	4P
Lentils	1 pack	2 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Cherry Tomatoes	125 g	250 g
Grilling Cheese	200 g	400 g
Baby Spinach	120 g	240 g
Harissa Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	492 g	100 g
Energy (kJ/kcal)	2525.3 kJ/ 603.6 kcal	513.3 kJ/ 122.7 kcal
Fat (g)	28.7 g	5.8 g
Sat. Fat (g)	16.2 g	3.3 g
Carbohydrate (g)	37 g	7.5 g
Sugars (g)	24.3 g	4.9 g
Protein (g)	29.2 g	5.9 g
Salt (g)	4.2 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Cut the **grilling cheese** into slices (3 per person). Place the **cheese** slices in a small bowl of cold **water** and leave to soak.
- Drain and rinse the **lentils** in a sieve.



## Cook the Lentils

- Add 100ml **water** (double for 4p) and **vegetable stock** to the pan.
- Bring to the boil, reduce the heat and simmer until reduced by half, 2-3 mins.
- Add the **lentils** and **harissa paste**, then bring back to the boil and cook for 2-3 mins.
- Add in the **spinach** a handful at a time and cook until wilted and piping hot, 1-2 mins. Cover with a lid and remove from the heat.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Roast the Tomatoes

- Halve the **tomatoes** and pop them onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat.
- Bake on the top shelf of your oven until the **tomatoes** are softened, 8-10 mins. Set aside to cool.



## Fry the Cheese

- Meanwhile, remove the **cheese** slices from the cold **water**, pop them on a plate lined with kitchen paper and pat them dry.
- Heat a drizzle of **oil** in another pan on medium-high heat.
- Once hot, add the **grilling cheese** and fry until golden, 2-3 mins each side.



## Caramelize the Onions

- Meanwhile, heat a drizzle of **oil** in a large pan on medium-high heat.
- Once hot, add the **onion** and season with **salt**, **pepper** and a pinch of **sugar**.
- Fry until soft and sweet, 8-10 mins.
- Stir in the **garlic** and cook for 1 more min.



## Finish and Serve

- Stir the **tomatoes** into the **lentils**. Taste and season with **salt** and **pepper** if needed.
- Serve the **lentils** in bowls with **cheese** on top.

Enjoy!