



# Pan-fried Cheese on Spiced Lentils

with caramelised onion and wilted spinach

Veggie 40-45 mins • Spicy

7



Grilling Cheese



Lentils



Onion



Garlic



Hello Muscat



Harissa Paste



Baby Spinach



Tomato



Honey

Pantry Items: Oil, Salt, Pepper, Water, Sugar, Butter



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## Before you start

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

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Grater, pot with lid, sieve

## Ingredients

	2P	4P
Grilling Cheese	200 g	400 g
Lentils	2 packs	4 packs
Onion	1 unit	2 units
Garlic	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Baby Spinach	120 g	240 g
Tomato	2 units	4 units
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>714 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3401.6 kJ/ 813 kcal	476.4 kJ/ 113.9 kcal
Fat (g)	31.1 g	4.4 g
Sat. Fat (g)	17.1 g	2.4 g
Carbohydrate (g)	62.9 g	8.8 g
Sugars (g)	45.4 g	6.4 g
Protein (g)	60.9 g	8.5 g
Salt (g)	9.2 g	1.3 g

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## 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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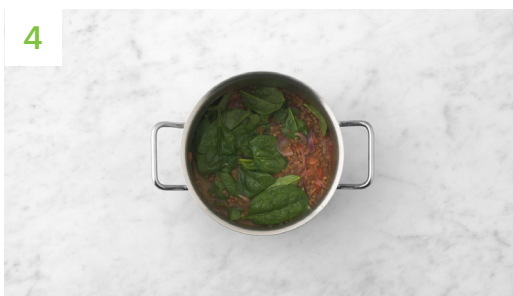


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## Get Prepped

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **lentils** in a sieve.
- Chop the **tomato** into 1cm chunks.
- Cut the **grilling cheese** into slices (three per person), place in a bowl of cold **water** and leave to soak.



## Cook the Spinach

- Remove the lid and stir the **harissa paste** into the **lentils**.
- Add the **spinach**, a handful at a time, and stir until wilted and piping hot, 1-2 mins.
- Stir through the **honey** and a knob of **butter**.



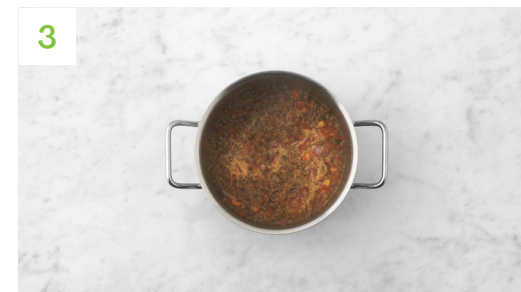
## Caramelize the Onions

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



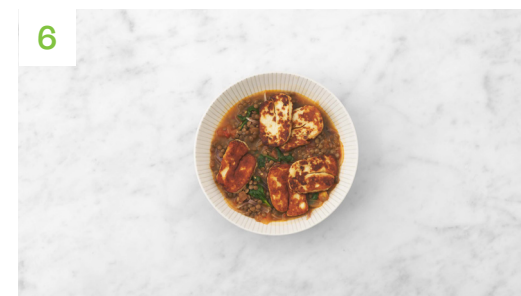
## Fry the Cheese

- When the **lentils** have 5 mins left to cook, place the **cheese** on a plate lined with kitchen paper and pat dry.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **grilling cheese** and fry until golden, 2-3 mins each side.



## Simmer the Stock

- Once the **onion** is caramelised, add the **tomato** and **lentils**.
- Stir in 100ml **water** (double for 4p) along with the **muscat**.
- Bring to the boil, lower the heat and cover.
- Simmer for 8-10 mins.



## Finish and Serve

- Taste and season the **lentils** with **salt** and **pepper** if needed.
- Divide the **lentils** between bowls
- Serve with **cheese** on top.

Enjoy!