



Ingredients & Preparation

- **Halloumi** – thickly sliced
- **Onion** – peeled & finely diced
- **Courgette** – finely diced
- **Lemon** – peel finely grated
- **Dill** – finely chop
- **Crème Fraiche**
- **Dried Pearl Barley**
- **Dried Green lentils**
- Not Included:
- Oil



Cooking Instructions

1. Take a medium size saucepan & add approx. 800ml water. Add the **pearl barley** & **green lentils** and cook for 30 mins or until soft, then drain.
2. Take a frying pan and place on a medium heat. Add 1 tbsp of vegetable oil and cook the **onions** and **courgette** for 10 – 12 mins until soft.
3. Now add to the frying pan the cooked pearl barley & lentils, and **grated lemon peel**.
4. Next squeeze in the **juice of half a lemon** (take care not to add the lemon pips) add 100ml of the **crème fraiche**, chopped **dill** and mix.
5. In a clean frying pan, add 1 tbsp. vegetable oil and the sliced **halloumi** on a medium heat, turning occasionally until the halloumi is golden brown on both sides.
6. To serve, plate up a portion of the pearl barley medley, then lay the halloumi slices on top.



Nutritional Information

Nutrition information typical values

Nutrient:	per 100g	per serving (450g)
Energy	700kJ / 168kcal	3148kJ / 755kcal
Fat	10g	46g
of which saturates	6.7g	30g
Carbohydrate	9.6g	43g
of which sugars	1.4g	6.5g
Protein	8.5g	38g
Salt	0.7g	3.2g

Halloumi and pearl barley

DIETARY & ALLERGEN INFORMATION:

CONTAINS Barley, Milk

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information
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