

# Lentil tabbouleh



140g green lentils, rinsed  
100g halloumi cheese, cut into  
slices approximately 5mm thickness  
3 spring onions, chopped  
2 vine-ripened tomatoes, diced  
a small bunch fresh parsley,  
chopped  
a small bunch fresh mint, chopped  
a pinch of salt and pepper  
½ tsp ground cumin  
60g cucumber, diced  
2 tbsps extra virgin olive oil  
juice of 1 lemon

**SERVES 2**

Bring a saucepan of water to the boil.  
Reduce heat to simmer and add the lentils.  
Cook according to packet instructions.  
Drain well and allow to cool.

Fry the halloumi in a dry non-stick frying  
pan until golden brown on both sides.

Mix the spring onions, tomatoes, parsley,  
mint, salt and pepper, cumin, cucumber,  
oil and lemon juice in a bowl.

When the lentils have cooled, add them to  
the mixture and stir well.

Transfer the mixture to 2 plates. Top with  
the halloumi and serve.

*Store any leftovers in an airtight container  
and refrigerate for up to 3 days.*



PER SERVING:  
541 Calories  
**41g Carbs**  
**29g Protein**  
**29g Fat**

