Roasted Eggplant, Lentil and Halloumi Plates

4 plates, each with eggplant, lentils, 2 halloumi slices and bread | Active 30 min | Cook 40 min | Total 60 min

Ingredients

• 2 large eggplants (900 g edible weight after trimming), each cut lengthwise into 4 wedges

• 2 tablespoons olive oil (30 ml/28 g), divided

• 1/2 teaspoon fine salt (3 g), divided

• 1/2 teaspoon ground black pepper (1 g), divided

• 1 small onion (100 g), finely diced

• 2 garlic cloves (6 g), minced

• 1 large tomato (180 g), diced

• 3 cups plain ready-cooked green or brown lentils (600 g drained weight)

• 1/3 cup water (80 ml/80 g)

• 2 tablespoons lemon juice (30 ml/30 g)

• 7 oz halloumi cheese (200 g), cut into 8 equal slices

• 4 slices whole-wheat bread (60 g each; 240 g total)

Set out

Large rimmed metal baking tray, Medium saucepan, 10-inch/25 cm nonstick skillet, Tongs, Pastry brush, Food thermometer

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Brush eggplant wedges with 1 tablespoon of the oil and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange cut-side down on the metal tray. Roast 30–35 minutes, turning onto the other cut face halfway, until deeply golden and completely soft under a fork.

2. Meanwhile, heat 2 teaspoons oil in the saucepan over medium heat. Cook onion for 5 minutes, then garlic for 30 seconds. Add tomato and cook 3 minutes. Stir in cooked lentils, measured water, remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Simmer gently 4–5 minutes and longer if needed until 165°F/74°C and spoonable. Remove from heat and stir in lemon juice. Cover to keep warm.

3. When the eggplant is ready, pat halloumi slices dry. Heat remaining teaspoon oil in the nonstick skillet over medium-high heat. Sear halloumi for 1–2 minutes per side, until golden.

4. Divide lentils among four plates. Add two eggplant wedges, two halloumi slices and one slice of bread to each. Serve promptly while the cheese is warm.

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Estimated nutrition per serving

Calories: 625 kcal | Protein: 34.7 g | Carbohydrate: 76.1 g | Fat: 22.7 g | Fiber: 23.3 g. One of 4 servings. Batch yield: 4 plates, each with eggplant, lentils, 2 halloumi slices and bread. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Let the vegetables keep their space

Use a broad plate or shallow container rather than stacking everything in a deep bowl. The eggplant wedges can rest on the lentils without disappearing beneath them, and the two cheese slices remain a clear portion. Keep bread separate during storage so it is still useful for gathering the sauce at the meal.

A useful detail

The 60-minute total assumes ready-cooked lentils. Halloumi is salty, so the added salt is modest and measured; do not automatically salt the cheese before searing. Use lentils cooked today or yesterday and safely chilled, or a freshly opened ready-cooked product; follow any shorter packet opening limit. Earlier lentil cooking is not included in this recipe time.

Another way

Replace halloumi with 200 g firm paneer, cut into eight slices, and add a small extra squeeze of lemon at serving; the flavor and nutrition change.

Replace tomato with 180 g diced jarred roasted red peppers, well drained, for a different lentil base.

Keep it well

Refrigerate components in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 3 days, with bread stored separately. Reheat the needed lentils, eggplant and cheese to 165°F/74°C throughout; warm cheese gently in the skillet until it reaches that endpoint. Halloumi is best freshly seared and becomes firmer after chilling. Pack cold with two cold sources. For home-cooked lentils, use the finished dish within 3 days of their original cooking date, or the shorter stated storage limit; assembling or warming them does not restart that clock.