Pan-Fried Halloumi with Lentils and Parsley

2 warm lentil plates, each topped with half the browned halloumi · Active 30 min · Total 40 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- Plain halloumi cheese, drained and sliced 3/8 inch/1 cm thick (160 g)
- About 1 1/2 cups fully cooked unsalted whole lentils, drained (300 g)
- 1 small onion, finely diced (80 g)
- 1/2 cup chopped parsley (20 g)
- 4 teaspoons olive oil (20 ml/about 18 g), divided
- 4 teaspoons lemon juice (20 ml/about 20 g)
- 2 tablespoons water (30 ml)
- 1/8 teaspoon black pepper (0.3 g)

Set out

Small saucepan with lid, 24 cm/9-inch nonstick skillet, Thin spatula, Small bowl, Knife and board, Clean towel, Kitchen scale, Measuring spoon, Food thermometer, 2 plates

Allergens

Milk; check the cheese label and any canned-lentil ingredients. Check labels and substitutions.

Make it

1. Heat half the oil in the saucepan over medium heat. Cook onion for 6–8 minutes until softened. Fold in cooked lentils, water and pepper, cover and heat gently for 5–6 minutes until 165°F/74°C throughout. Keep covered off the heat briefly while frying cheese.

2. Meanwhile pat the drained halloumi dry and cut into even broad 3/8-inch (1 cm) slices. Heat the remaining oil in the nonstick skillet over medium-high heat. Add cheese in one layer and cook for 2–3 minutes until the underside is golden; turn once and cook for 1–2 minutes on the other side. Follow its package cooking guidance.

3. Fold lemon juice and chopped parsley through the hot lentils and divide between 2 plates. Top each with half the browned halloumi and serve immediately.

A useful kitchen skill

Pat a grilling cheese dry and have its warm accompaniment ready before the quick final pan-fry.

A useful detail

Base nutrition uses the official DODONI Australia plain Halloumi per100g panel: 316 kcal and 23 g protein, with no fiber value supplied. Other ingredients use USDA records. This is a transparent product basis, not a brand recommendation; your block may differ. Lentils are already cooked.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Store cheese and lentils separately for up to 3 days, or the original lentils' remaining safe period, whichever is shorter. Reheat portions to 165°F/74°C. Halloumi becomes firmer on reheating; the lentils can be reheated covered with a little water.