

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Spicy Lentil, Halloumi and Chickpea Salad

Ingredients Serves 4

- 2 tbsp olive oil
- 1 red onion, sliced
- 200g cherry tomatoes
- 1-2 tsp harissa paste
- 250g cooked beluga lentils (black lentils)
- Juice of ½ lemon
- 1 pack 250g halloumi cheese cut into ½cm slices
- 400g tin chickpeas, drained and rinsed
- Small bunch of fresh mint, roughly torn
- Small bunch of flat parsley, roughly torn

Dressing

- 1 tbsp tahini
- 3 tbsp plain natural yoghurt
- 1 tsp runny honey
- Juice of ½ lemon
- ½ clove garlic, crushed

Method

Heat the olive oil in a pan and cook the onion until soft. Stir in the tomatoes and cook until they are just starting to break and burst open. Stir in the harrissa, lentils and lemon juice. Cook for one minute then season well and cool.

Whisk together all the dressing ingredients with enough water to make a pouring consistency.

Fry the halloumi slices in batches in a slightly greased non-stick pan until golden on both sides.

Toss the chickpeas and ½ the herbs into the lentil mixture.

Arrange the salad on a platter and top with the dressing, halloumi and the remaining herbs.

Per portion

Kcals 487
Fat 25.3g
Carbs 31.2g
Protein 28.5g