



Courgette & Halloumi Fritters With Tomato Lentil Salad

Golden, crispy courgette and halloumi fritters with a tender, cheesy center, served alongside a vibrant tomato and lentil salad bursting with freshness. The salty richness of the fritters pairs perfectly with the zesty, herb-infused lentils and juicy tomatoes, creating a wholesome, well-balanced dish that's both comforting and nourishing.

Nutritional Info

Calories: 521 kcal
Carbohydrates: 55 g
Protein: 27 g
Fat: 22 g

Ingredients

- Halloumi
- Puy Lentils
- Fresh Parsley
- Balsamic Dressing
- Spring Onion
- Plain Flour
- Courgette
- Egg
- Cherry Tomatoes

Your Pantry

- Olive Oil
- Salt

Allergens

[Wheat \(Flour\)](#)
[Milk \(Halloumi\)](#)
[Egg \(Egg\)](#)
[Sulphates \(Balsamic Dressing\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Cook the Lentils

Add the lentils to a saucepan of boiling water with a pinch of salt. Cook for 18-20 minutes or until cooked through if not slightly al dente. Drain and set aside.

3) Prepare the vegetables

Grate the courgette using a cheese grater (on the coarse setting). Put the grated courgette in a separate bowl and add in a pinch of salt and set aside. Grate the halloumi on the same setting. Finely slice the spring onions. Cut the cherry tomatoes in half. Finely chop the parsley.

4) Make the fritter mix

Use your hands to squeeze as much water as you can out of the courgette, then use a clean tea towel or kitchen paper to squeeze out more water. Mix in the halloumi, egg until well combined, and then add the flour and a pinch of salt. Mix well until fully combined. Set aside for a couple of minutes.

5) Make the salad

Mix the lentils with the tomatoes, parsley and balsamic dressing. Set aside.

6) Cook the fritters

Place a large, non-stick frying pan on medium heat with a drizzle of oil. You will cook these in batches. Once hot, carefully add large spoons of the fritter mix to the pan, like you would an american pancake. Flatten down with the back of a spatula, and cook for about 2-3 minutes on each side or until golden, placing on a plate when done before cooking more fritters.

7) Serve the dish

Serve the fritters alongside the tomato lentil salad and enjoy!



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