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Warm Halloumi Salad



Ingredients

1 large red pepper
Olive oil
150g asparagus tips
2 small courgettes
1 lemon
Half a teaspoon of runny honey
Salt and black pepper
A few small sprigs of mint
A few small sprigs of basil
175g halloumi cheese
Rocket
A handful of baby plum tomatoes.
Servings
2
Person

Preparation

- 1 Heat the oven to 200 degrees or 180 degrees fan oven, oil a small baking tray and the pepper then roast for about 30 minutes. Once cooled, peel off the skin and remove the seeds. Chop the flesh into large pieces.
- 2 Meanwhile, prepare the vegetables. Snap any woody ends off the asparagus and cut each spear in half. Halve the courgettes lengthways then chop into thick slices. Halve the tomatoes.
- 3 Make the dressing by whisking together 2 tablespoons of olive oil, half a teaspoon of runny honey and 1 tablespoon of lemon juice. Leave in the fridge to chill until required.
- 4 Brush a griddle pan with olive oil and heat. When the pan is hot, place the courgette slices on the griddle and grill for 3-4 minutes, then turn and grill on the other side. Place the griddled courgette in a large bowl.
- 5 Add a little more oil if needed and then griddle the asparagus for 2-3 minutes on each side. Add it to the courgette in the bowl.
- 6 Make sure that the griddle is hot and lightly oiled and then grill the halloumi, cut into 6

thick slices, for 2 minutes on each side.

- 7 Tip the dressing over the asparagus and courgette, add the halved tomatoes and red pepper, season with salt and black pepper and stir gently. Add some roughly chopped basil and mint leaves.
- 8 Divide the vegetables between 2 plates, sitting on top of a bed of fresh rocket. Top each plate with 3 halloumi slices and serve immediately.

Cooks Note

A simple but substantial salad, with griddled asparagus and courgette, roasted red peppers and salty chargrilled halloumi, served on a bed of rocket and baby plum tomatoes.

This is a great dish to prepare for lunch or supper, and it also makes a good meat free alternative for barbecues; serve with fresh crusty bread.

For larger appetites, try serving it with a side dish of couscous, or pieces of grilled chicken.
