

Posted on 14 February 2018

by Liz Robb

Mixed salad leaves with a lemon and chilli dressing, grilled and marinated

sweet peppers and slices of soft salty Halloumi cheese all come together to make an easy, colourful and truly delicious light meal for two.

Ingredients

1 red pepper
1 yellow or orange pepper
Olive oil
1 clove of garlic
A few sprigs of fresh parsley
Half a small red chilli
Half a lemon
Half a teaspoon of runny honey
Salt and black pepper
A small bag of baby salad leaves
A handful of rocket
3 spring onions
200g Halloumi cheese
Servings
2
Person

Preparation

1. Heat the grill. Halve the two peppers, removing the stalks and seeds. Lightly brush the pepper halves with olive oil and place on a small roasting tray, skin side up.
2. Cook the peppers under a hot grill for about 15 minutes, or until the peppers are soft and the skins are blistered and blackened. Set aside to cool.
3. Once cooled, peel off the skins from the peppers and chop each half pepper into 4 or 5 pieces.
4. Peel and crush the garlic, chop the parsley and mix with a tablespoon of olive oil in a bowl. Tip in the pepper pieces, mix well and then cover and leave to chill in the fridge.
5. Remove the seeds from the red chilli and chop very finely. Mix together the juice of half a lemon, half a teaspoon of runny honey and 3 tablespoons of olive oil with the chopped chilli. Season the dressing with salt and pepper, then cover and chill.
6. When you are ready to eat, toss the salad leaves and rocket together and divide between two dishes. Peel and slice the spring onions into pieces diagonally. Drizzle over the dressing and then arrange the marinated peppers on top.
7. Lightly brush a griddle pan with olive oil and place on the heat. Cut the block of Halloumi into 6 equal slices and griddle in the hot pan for about 3 minutes on each side, until it has golden griddle marks. Arrange 3 slices on top of each dish.

Cooks Note

Halloumi is not at its best when cold, so this salad really needs to be eaten whilst the cheese is still warm and soft.
You can prepare the peppers and the dressing well in advance, so this dish can be put together and served very quickly.