

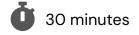




## **Grilled Halloumi**

### with Quinoa and Roasted Nectarine

Delicious seasonal sweet nectarines and local beetroot roasted with cumin seeds and served with cooked quinoa, fresh greens and grilled halloumi finished with a balsamic dressing.





4/6 servings



# Cooking for many

This dish works well as a side if you have many hungry mouths to feed! Serve it with grilled meat, chicken or fish; you could also add crispy chickpeas or more roasted veggies like carrots, tomatoes, red onion or

TOTAL FAT CARBOHYDRATES

15g/26g 50g/55g 20g/31g 4/6 Person:

#### FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	2	4
NECTARINES	2	3
WHITE QUINOA	200g	200g + 100g
HALLOUMI CHEESE	1 packet	3 packets
MINT	1 packet	1 packet
MESCLUN LEAVES	1 bag	1 bag

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, balsamic vinegar, cumin seeds

#### **KEY UTENSILS**

oven tray, saucepan, griddle pan or frypan

#### **NOTES**

Thinly wedge the beetroots and leave the nectarines in slightly larger pieces as the beetroots take longer to cook. You can leave the



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#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and nectarines (see notes). Toss on a lined oven tray with 2-3 tsp cumin seeds, 1-2 tsp maple syrup, oil, salt and pepper. Roast for 18-20 minutes or until golden and tender.



#### 2. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse, then press down in a sieve to squeeze out excess liquid.



#### 3. PREPARE THE DRESSING

Whisk together 1 tbsp maple syrup, 3 tbsp balsamic vinegar and 2 tbsp olive oil. Season with salt and pepper.

6P - whisk together 2 tbsp maple syrup, 4 tbsp balsamic vinegar and 3 tbsp olive oil.



#### 4. GRILL THE HALLOUMI

Heat a griddle pan or frypan over medium-high heat. Slice halloumi, coat with oil and 1-2 tsp cumin seeds. Cook for 1-2 minutes each side or until golden. Set aside.



Arrange salad leaves on a serving platter. Top with cooked quinoa, roast vegetables, and halloumi. Drizzle with dressing and garnish with mint leaves.







